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york report
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adapting
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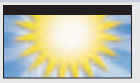
>> learning curve inside

thumbs down
Looking at some of the biggest box-office busts
>> entertainment p.21



High 20°
Low 7°
WEATHER P. 25

Thousands killed

Death toll from China earthquake continues to rise

A powerful earthquake toppled buildings, schools and chemical plants yesterday in China, killing nearly 10,000 people and trapping untold numbers in mounds of concrete, steel and earth in the country's worst quake in three decades.

Sichuan

» The 7.9-magnitude quake devastated a region of small cities and towns set amid steep hills north of Sichuan's provincial capital of Chengdu, about 1,500 kilometres southwest of Beijing.

Striking in mid-afternoon, it emptied office buildings as far away as Beijing and could be felt in Vietnam.

The official Xinhua news agency reported nearly 10,000 people died in Sichuan province alone and 216 others in three other provinces and the mega-city of Chongqing.

Worst affected were four counties including the quake's epicentre in Wenchuan, about 100 kilometres northwest of Chengdu.

Landslides blocked roads early today, causing the government to order soldiers into the area on foot, state television said, while heavy rains prevented four military helicopters from landing.

Snippets from state media and photos posted on the Internet underscored the immense scale of the devastation.

The official Xinhua news agency said about 600 people died in Shifang city, which was the site of a major chemical leak. The report did not say whether people were killed by the quake or the chemical leak. Xinhua said as many as 2,300 people in the city were still buried under rubble.

In the town of Juyuan, south of the epicentre, a three-storey high school collapsed, burying as many as 900 students and killing at least 50, the news agency said. Photos showed people using cranes, mechanical hoists and their hands to remove slabs of concrete and steel.

Buried teenagers struggled to break free from the rubble, "while others were crying out for help," Xinhua said. Families waited in the rain near the wreckage as rescuers wrote the names of the dead on a blackboard, Xinhua said.

THE ASSOCIATED PRESS

YUAN JIAN/XINHUA/THE ASSOCIATED PRESS

Residents rest near a building in Mianzhu, about 60 kilometres from Wenchuan County in China's Sichuan province, that collapsed in yesterday's earthquake. More coverage, page 8.

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toronto

A Burlington businessman brought to the Ontario Human Rights Tribunal after he told a medical pot user not to light up in front of his eatery has given up fighting the complaint because he can't afford the legal fees. TORSTAR NEWS SERVICE

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canada

strategy unveiled
Harper announces $30-billion, long-term defence plan. » 6

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GM closing Windsor plant, 1,400 to lose their jobs. » 10

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Justin Timberlake, Jessica Biel named Buffest Couple in magazine list. » 26

in tomorrow's metro

music talk
Panic At The Disco, featuring front man Brendon Urie, to perform in city.

Suspect 'made mistake'

Terror accused accepts court authority

The trial of a young terrorism suspect has resumed after he agreed to respect the court and abandon his claim that only sharia law could judge him.

The 20-year-old shocked a Brampton court last Tuesday by firing his lawyer and declaring, "I'm gone. I'm done from this.

"I'm only practising my faith here," he told the judge.

"In Islam we're not supposed to follow any law other than sharia law, that's it."

The accused cannot be identified since he was a youth when he was arrested in 2006 as part of an alleged "homegrown" terrorist cell now known as the "Toronto 18."

The youth's lawyer told the court yesterday his client had reconsidered, and agreed to be represented by a lawyer.

"He realizes after consultation and serious consideration he had made a mistake," Mitchell Chernovsky said.

TORSTAR NEWS SERVICE

youth's mental state

» A police sergeant testified last week about the youth's mental state, claiming he threatened suicide, bought hundreds of dollars worth of clothes only to later shred them, and "beats" his mother, according to a transcript of the proceedings released yesterday.

Cops urged to probe spending

Catholic board trustee appeals to police chief

The former chair of the Toronto Catholic board has appealed to police to look into unscrupulous spending by trustees — a move Education Minister Kathleen Wynne says is unnecessary.

Oliver Carroll, a current trustee who headed the board during much of the time when spending has come under scrutiny, delivered a letter to police Chief Bill Blair yesterday saying a report issued last week drew "attention to issues such as the multiple claiming of certain expenses and the awarding of contracts to numbered companies and relatives. I am requesting that the Toronto Police Services look into the matters raised" by provincial adviser Norbert Hartmann.

TORSTAR NEWS SERVICE

Wynne's response

» Wynne said that if a team of auditors now examining the Toronto trustees' expenses "find potential evidence of fraud, they'll give that to ministry staff who will immediately call Toronto Police Services."

»news In Brief

» **TRUCKS** The province's transportation minister thinks dump truck drivers may have a point about hauling unsafe and overweight loads. Fresh out of a meeting with leaders of the Ontario Dump Truck Association, Jim Bradley said yesterday he's willing to work with truckers to identify shippers who overfill their vehicles, which they say makes them unsafe for the road.

» **DEATH** A construction worker on a downtown site lost his life yesterday when a falling sheet of metal sliced through his hard hat. Police say the 55-year-old victim was on the third floor of one of the two towers being built at the Murano Condominiums project site at Bay and Grosvenor streets when he was struck by the piece of metal. TORSTAR NEWS SERVICE

Feist **Nomination talk**

MUCH MUSIC PHOTO

Canadian indie sensation Feist talks to VJ Tim Deegan about her recent MuchMusic Video Award People's Choice nomination on MuchOnDemand yesterday.

Second arrest in subway shooting

Police have made a second arrest in a TTC subway shooting earlier this year.

A 17-year-old was arrested Sunday night, in the Islington Avenue and Duncanwoods Drive area, after police sought special court permission and broadcast his name last week, Toronto police said.

He was wanted after a woman, 18, was shot in the leg during a fight on a northbound train on March 28. The shooting wasn't fatal.

The teen arrested Sunday faces four charges. The court order allowing him to be identified has expired, preventing his name or photo from being republished.

TORSTAR NEWS SERVICE

first one

» An 18-year-old Mississauga man was arrested last week and faces nine charges.

butterfly walk

Families remember murdered girl

TRIBUTE Families, mostly clusters of women and children, gathered yesterday at the Perth Avenue Parkette to remember Holly Jones and walk in tribute along the route the 10-year-old took the night she disappeared on May 12, 2003. Her body was later found. Michael Briere, an area resident, pleaded guilty to first-degree murder.

The Butterfly Walk is an annual event organized by the Dovercourt Boys and Girls Club. TORSTAR NEWS SERVICE

Systems to announce transit stops

Now that all TTC vehicles are equipped to automatically announce upcoming stops, attention is turning to transit agencies outside 416.

In July 2007, an Ontario Human Rights tribunal ordered Toronto's transit commission to ensure all bus and streetcar stops are called out, and the TTC has finally installed audio and visual announcement devices throughout its surface network.

I suspect many in Toronto now appreciate the advance warnings — or have learned to tune them out — but not everyone initially welcomed the extra noise on board. Imagine the reaction in smaller transit systems across the province where many passengers take the same bus every day and know exactly when to disembark.

IN TRANSIT
ED DRASS
transit@eddrass.com

Outside the biggest cities, many bus drivers are probably aware of their regular riders and can handle special requests with relative ease, including from people with visual impairments. It may seem inappropriate to apply a rule designed for the country's busiest system in other localities.

Some agencies are already planning to spend millions to install visual displays and automated recordings like the TTC's. This will eventually help anyone who is unfamiliar with a route, but in the meantime could inspire resistance from drivers who now have to memorize and announce every stop along the way.

It may seem like a lot of effort to expend for a small number of riders, but put yourself in the place of someone who must ask that a particular stop be called out. Most times this works fine — but what happens when the driver becomes distracted and forgets? Mistakes happen, but simply expecting a blind patron to cross the street (or suburban artery) and take a bus in the opposite direction is not acceptable, especially along infrequent or isolated routes.

«The provincial Human Rights Commission reported last week that three-quarters of Ontario's transit providers plan to ensure every stop is called by this fall …»

The provincial Human Rights Commission reported last week that three-quarters of Ontario's transit providers plan to ensure every stop is called by this fall, and 25 of about 40 have "committed to begin announcing all stops by June 30."

It would be unfortunate if these changes stirred resentment against the same people who simply want to travel their communities more freely.

In retrospect, this formal but clumsy process might have unfolded differently if so many bus drivers in Toronto (and elsewhere) had not abandoned the calling of major stops. While not foolproof, I suspect the practice helps both driver and passenger remember and anticipate specially requested stops.

GO Transit employees apparently never gave up on calling major destinations — which could explain why virtually no complaints were registered in recent years from people who missed their request stop because the bus driver forgot to speak up.

In accordance with the human rights ruling, the TTC has also announced a public forum on accessibility Tuesday, May 20, at 7 p.m. at the Canadian National Institute for the Blind. Go to ttc.ca for details.

Ed Drass has been covering transportation issues in Toronto since 1998. He has a degree in urban studies from York University and regularly rides transit in the GTA and elsewhere.

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Engineer says he inflated Livent bills, court hears

In the opening act in the Crown's case against Garth Drabinsky and Myron Gottlieb, a Toronto project engineer said he was instructed to pay the theatre producers' invoices worth millions of dollars for services they never actually rendered.

Peter Kofman, the first Crown witness to testify at the men's trial on fraud and forgery charges, said yesterday that to recoup his money, he was told to inflate bills he sent their firm for work he did on refurbishing theatres and preparing productions.

Prosecutors allege Drabinsky, 58, and Gottlieb, 64, used phony bills to boost their incomes and exaggerate the financial health of their company, Livent Inc.

TORSTAR NEWS SERVICE

»news In Brief

» **ROBBERY** The 60-year-old owner of an adult video store was severely beaten in a late-night robbery Sunday, and lay semi-conscious in the store until he was found the next morning. The man's brother discovered him when he arrived to work at Super Adult Videos, on Lawrence Avenue East and Ainsdale Road, around 6:45 a.m. yesterday. The victim was taken to hospital with serious head injuries and was in stable condition last night. Cash was missing.

TORSTAR NEWS SERVICE

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canada

The Calgary Zoo is scrambling to find out why 34 of its prized cownose stingrays mysteriously died in the last 24 hours after behaving normally around noon on Sunday. THE CANADIAN PRESS

Little new in military plan: PM

But Harper touts $30B initiative as long-term strategy

Prime Minister Stephen Harper unveiled his government's $30-billion Canada First Defence Strategy yesterday, a long-term vision statement for the military that was scant on details but vast in scope.

Harper admitted there was little new in the announcement, delivered to about 100 military personnel at a drill hall inside the Halifax Armoury. But he insisted it heralded a new way of doing things for Canada's military.

"The newest thing about this announcement is that it is a long-term plan," Harper said, suggesting previous announcements of this type took a last-minute, piecemeal approach. "We are establishing a 20-year plan with an escalating budget framework."

boosting troops

» The plan calls for boosting the number of regular and reserve troops and moving ahead with replacement of the military's fighter jets, combat ships, maritime patrol vessels, transport helicopters and fixed-wing search-and-rescue aircraft — among other things.

Meanwhile, the lack of detail will surely generate skepticism among critics who claim the Tories have been scaling back commitments they made during the most recent election campaign.

In 2006, the Conservatives called for expanding the Canadian Forces by adding 70,000 regular members and 30,000 reservists over a five-year period. But a Defence Department performance report, released last November, concluded the government had not allotted enough money to meet the target.

THE CANADIAN PRESS

health

Gum substance linked to cancer

REPORT The federal government is considering declaring a substance used to make chewing gum as toxic after tests on the colourless liquid with a sweet, fruity smell linked it to cancer in lab rats. Vinyl acetate is one of 17 substances Health Canada could recommend be deemed toxic in a draft report to be published Saturday.

The substance itself is not a direct ingredient in chewing gum. But vinyl acetate is used to make the polymer that's used as a base in gum.

THE CANADIAN PRESS

Bar blasts changes to immigration

The Canadian Bar Association is urging Parliament to discard amendments to immigration legislation, calling them "a major step backwards in the evolution of Canadian immigration law."

Bill C-50 would return Canada to a time when visas were given out on a discretionary basis, without sufficient objective criteria, the association's Stephen Green said yesterday.

proposals

» The changes would fast-track highly coveted immigrants — such as doctors and other skilled labourers — while others would be forced to wait in the queue.

"The amendments are not necessary to meet Canada's immigration goals," Green said.

The changes would also allow government to set annual limits on the number of applications processed.

THE CANADIAN PRESS

Poker winner **Good luck charm**

CARLOS OSORIO/TORSTAR NEWS SERVICE

Jack Hinchey, a 49-year-old plumber from Oshawa, poses with the two cards he held in his winning hand and a photo of his granddaughter, Victoria, 10, which he uses as a good luck charm. After winning $1 million at the Spanish World Poker Crown tournament, Hinchey said his only goal was to win enough cash to put Victoria through university.

Minister calls for more focus

Canada needs "more focus and more funding" to combat any possible loss of skilled migrants to countries that integrate workers more quickly, Ontario's minister of citizenship and immigration said yesterday.

Michael Chan was responding to an Institute for Research on Public Policy study, which found Australia's changes to its system of selecting skilled immigrants nearly tripled the rate at which they found jobs in their field.

TORSTAR NEWS SERVICE

U.S. paid bounty for Canadian: Court

The United States paid Pakistan a $500,000 bounty for the 2004 capture of Canadian Abdullah Khadr, court documents confirm for the first time. A federal court decision released yesterday also notes Canada became aware of the payment shortly after Khadr was captured.

Khadr has been in custody at Toronto's West Detention Centre since 2005 as he fights his extradition to the U.S.

TORSTAR NEWS SERVICE

»news In Brief

» **INSPECTIONS** The federal government says it will step up inspections at gas stations across Canada this summer and will soon increase fines for inaccurate pumps to $10,000 from $1,000. Industry Minister Jim Prentice said Measurement Canada has reported that about three per cent of gas pumps tested between 1999 and 2007 have been inaccurate.

» **TASER** There is a big distinction between a Taser jolt being the cause of a death and being a contributing factor, the chairman of Taser International told a Vancouver inquiry into use of the weapon yesterday.

» **AUTOPSY** Brenda Buckley, 43, a South African woman whose sudden death sparked a full-scale health scare and caused hundreds of Via Rail passengers to be stranded in northern Ontario, was killed by a blood clot that travelled to her lungs, the Ontario coroner's office said yesterday.

THE CANADIAN PRESS

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Woodchester Plaza
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2 - 4920 Tomken Rd.
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world

A college student in Iowa was charged with assault after hitting a police officer's shoulder with an M&M candy. He was released from jail Sunday after posting $1,000 US bond. THE ASSOCIATED PRESS

Iraq

Cleric al-Sadr agrees to ceasefire

POLITICAL DEAL Iraq's main Shiite political bloc and supporters of firebrand cleric Muqtada al-Sadr signed a fragile ceasefire in Baghdad's Sadr City yesterday, hoping to end seven weeks of fighting that has left hundreds dead.

politics

Obama focuses on White House run

RACE With the U.S. Democratic nomination close to settled, front-runner Barack Obama is all but ignoring Hillary Clinton and turning his attention to key states in the fight for the White House this fall against Republican John McCain. THE ASSOCIATED PRESS

Relief efforts divided

Double disaster in Asia make aid efforts challenging

The devastating earthquake that rocked central China yesterday is offering a new challenge for relief agencies and governments still trying to help with the cyclone catastrophe in Myanmar.

choices

» Dave Toycen, president of World Vision Canada, said the duelling disasters may force donors to make choices.

The Canadian government has offered its military Disaster Assistance Response Team to help in Myanmar, but a Chinese-Canadian group is now urging that it be sent to China instead.

YAO DAWEI/THE ASSOCIATED PRESS/XINHUA

Chinese Premier Wen Jiabao speaks to people buried at a ruined hospital in Dujiangyan, a city in southwest China's Sichuan province, yesterday after an earthquake hit the region.

So far, Myanmar has not responded to the offer of the team, said a spokeswoman for the country's embassy in Ottawa, who identified herself only as Marie.

"We have nothing to say to that at all," she said, adding that the country's government is aware of the offer.

Nigel Fisher, president of UNICEF Canada, said relief agencies are accustomed to juggling disasters.

"We're used to getting pulled in multiple directions … While China and Myanmar are going on, we've also got civil war in Congo, we've got Somalia, we've got Darfur. China is much better equipped to handle natural disasters and earthquakes," said Fisher. THE CANADIAN PRESS

»news

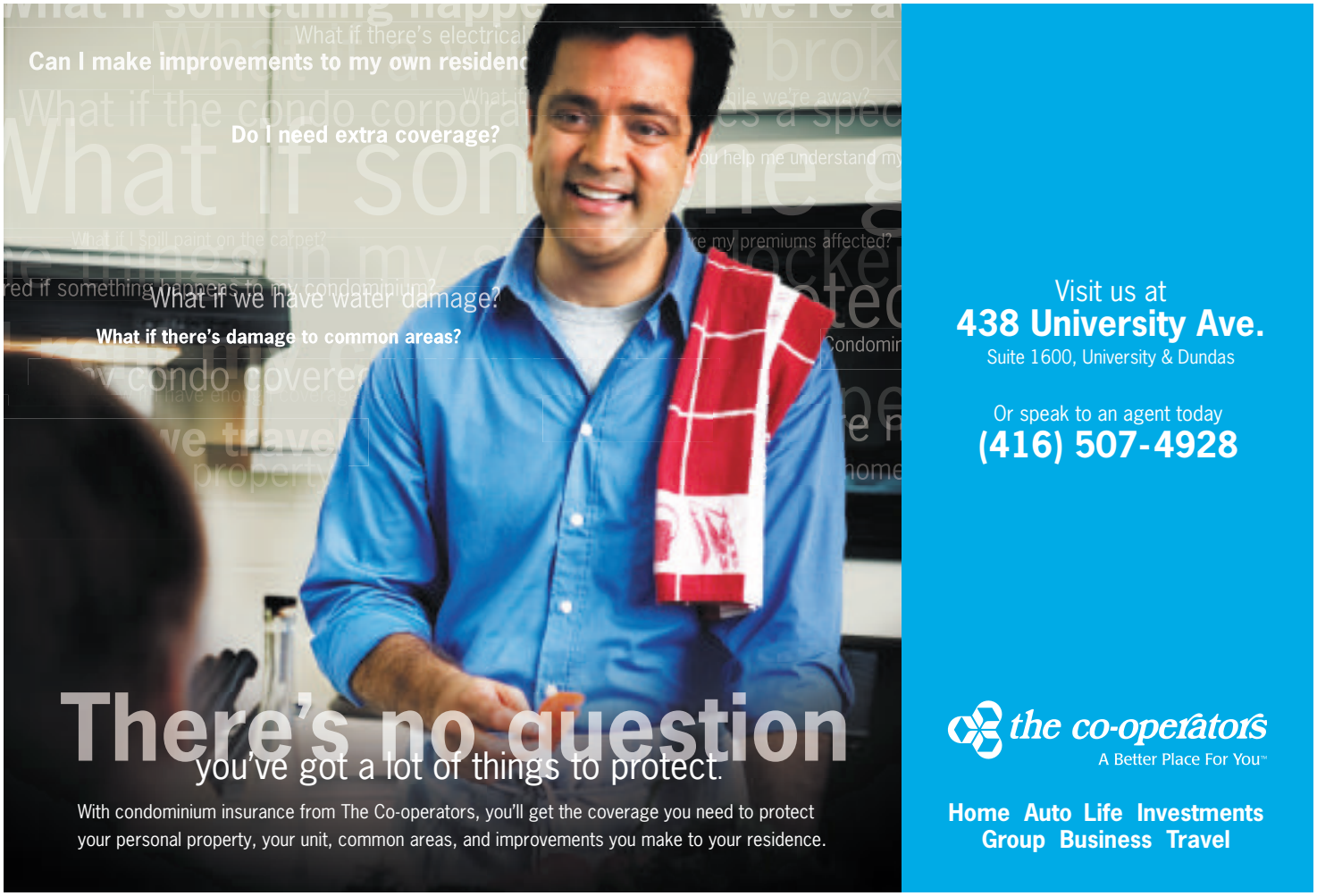
In Brief

» **MYANMAR** The United States delivered its first relief supplies to Myanmar yesterday, as the UN urged the reclusive country to open its doors to foreign experts who can help up to two million victims facing disease and starvation. Myanmar reported that the official death toll from cyclone Nargis had risen to 31,938. The UN have said the death toll could reach 100,000.

» **LAWSUIT** Several foam manufacturers have agreed to pay $30 million US to settle lawsuits brought by survivors and family members of those who died in a nightclub fire in Rhode Island. One hundred people died and more than 200 were hurt in the 2003 fire. The fire was started when a pyrotechnics display ignited foam placed around the stage for soundproofing.

» **PAKISTAN** The Commonwealth has restored Pakistan's membership in recognition of the democratic steps taken there since the country rescinded emergency rule late last year.

THE ASSOCIATED PRESS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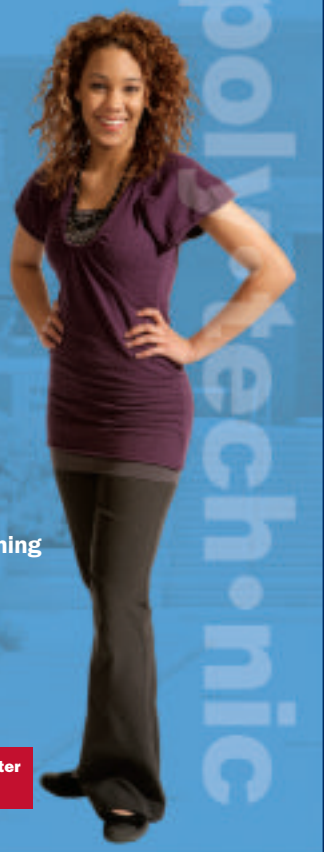
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GM closing factory

1,400 at Windsor plant to lose jobs

union talks
» Buzz Hargrove, president of the Canadian Auto Workers union which has set a deadline of tomorrow night for a deal with GM, said any deal will have to include good early retirement packages and buyouts in Windsor.

It looks bad that General Motors keeps cutting jobs after getting $235 million in taxpayers' money to boost its Ontario operations, Premier Dalton McGuinty acknowledged yesterday after GM revealed 1,400 workers will lose their jobs when its 45-year-old Windsor transmission plant closes in 2010.

None of the taxpayers' money was for the Windsor plant, noted McGuinty. The $235 million has gone toward GM's operations in Oshawa, St. Catharines and its joint venture in Ingersoll.

GM said yesterday production is shifting from four-speed to more "fuel-efficient" six-speed transmissions.

TORSTAR NEWS SERVICE

»news
In Brief

» **SURCHARGE** WestJet Airlines and Toronto's Porter Airlines have become the latest carriers to add fuel surcharges to their airfares. WestJet said yesterday it would begin charging an additional $20, $30 or $45 per one-way ticket for short, medium and long-haul flights beginning today. A Porter spokesperson said the upstart airline will add a surcharge of $20 one-way on flights between Toronto and Ottawa and $40 one-way on its other routes from Toronto to Montreal, Halifax and New York.

TORSTAR NEWS SERVICE

RIM takes Bold step with new BlackBerry

Research In Motion's shares bounced to an all-time high of $142.25 after it announced it will roll out the BlackBerry Bold, a new high-speed smartphone designed for business professionals.

RIM describes the new BlackBerry as a high-performance smartphone designed for professionals who want an "elegant" device with unprecedented speed, power and functionality.

It will be the first BlackBerry to support high-speed networks using 3G technology and positions RIM for a major push into markets outside North America.

RBC Capital markets analyst Mike Abramsky said Rogers Communications will likely be the Canadian carrier for the new BlackBerry.

THE CANADIAN PRESS

Legislative Assembly of Ontario
Assemblée législative de l'Ontario

Bill 48, Payday Loans Act, 2008

Projet de loi 48, Loi de 2008 concernant les prêts sur salaire

The Standing Committee on General Government will meet to consider **Bill 48, An Act to regulate payday loans and to make consequential amendments to other Acts.**

The Committee intends to hold public hearings in Toronto on Monday, May 26, Wednesday, May 28, Monday, June 2 and Wednesday, June 4, 2008.

Interested people who wish to be considered to make an oral presentation on **Bill 48** should contact the Committee Clerk **by 12:00 noon on Friday, May 16, 2008.**

Those who do not wish to make an oral presentation but wish to comment on the Bill may send written submissions to the Committee Clerk at the address below **by 12:00 noon on Wednesday, June 4, 2008.**

An electronic version of the Bill is available on the Legislative Assembly website at: **www.ontla.on.ca.**

Linda Jeffrey, MPP
Chair/Présidente

Trevor Day
Clerk/Greffier

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Cambridge Centre

COBOURG
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2800 Skymark Ave., #6
6965 Davand Dr., #12
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Square One Shopping Centre – kiosk

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2081 Steeles Avenue West
Bayview Village
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

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Hopedale Mall (kiosk)
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
Pickering Town Centre
Steeple Hill Shopping Centre

RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre Building A

SCARBOROUGH
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Cedarbrae Mall (kiosk)
Eglinton Square
Kennedy Commons
Malvern Town Centre
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sports

Flyers defenceman Braydon Coburn is doubtful for tonight's Game 3 of the Eastern Conference finals after taking a puck in the face in Philadelphia's loss to Pittsburgh on Sunday night. THE ASSOCIATED PRESS

MLB wants to ban Canuck bats

YORK REPORT
MARTY YORK
marty.york@metronews.ca

Now that baseball appears to have blackballed its home-run king, **Barry Bonds**, it's planning to do the same to his old bat supplier.

And the supplier, Ottawa's **Sam Holman**, is livid.

"If they blindside us and ban our bats," Holman told Metro yesterday, "it'd be a huge disservice. It'd be so wrong."

Metro has learned, however, that MLB executives have called a meeting with the players' association to propose the immediate prohibition of maple bats manufactured by several companies, including Holman's.

Nearly 50 per cent of contemporary major-leaguers use maple bats and 74 players — including the Blue Jays' **Vernon Wells**, the Boston Red Sox's **Manny Ramirez** and the Chicago Cubs' **Alfonso Soriano** — have exclusive deals with Holman's firm.

Ex-Toronto slugger **Joe Carter** was the first to use "Sam Bats" in the majors. He introduced them to Bonds while with the San Francisco Giants in 1998.

Bonds belted his career-record homer last season with a Sam Bat. This year, Bonds is linked to steroid use and can't find big-league employment. Holman has 12 new Sam Bats on standby for Bonds, just in case.

MLB execs are concerned, however, with the frequency in which maple bats have shattered. Their information is that maple bats break an average of two to three times a game. When they break, their barrels — thick on one end and splintered and sharp on the other — tend to fly quickly and unpredictably, endangering onlookers.

Pittsburgh batting coach **Don Long** was scarred recently after catching a broken barrel in his left cheek. He was in the Pirates' dugout when batter **Nate McClouth** shattered his maple bat on a fastball. Long was rushed to hospital and required stitches.

Now, MLB execs fear worse.

Holman insists his bats aren't dangerous and that his company's production methods guarantee safe lumber. He thinks competitors who followed him into the maple-bat business after 2000 use equipment designed to make furniture, thereby producing unsafe bats.

To paint all maple-bat companies with the same brush would be unfair, Holman maintains. It would also be unfair to force hitters to suddenly revert to ash bats.

Bottom line: Look for the players' union to raise hell over this.

»sports In Brief

» **NHL** Pavel Datsyuk scored twice in the first period then again with 2:41 left, and the Detroit Red Wings beat the Dallas Stars 5-2 last night to take a 3-0 lead in the Western Conference finals. This was Detroit's ninth straight win, its most ever in a single post-season and the longest in the NHL since Montreal won 11 in a row in 1993.

» **HOCKEY** Brent Aubin scored a pair of goals as the Toronto Marlies became the 14th team in American Hockey League history to overcome a 3-1 series deficit, dropping the Syracuse Crunch 3-2 in Game 7 of the North Division final last night at Ricoh Coliseum.

» **HOCKEY** It wasn't a sweep, but the Kitchener Rangers are finally Ontario Hockey League champions. After blowing a 3-0 lead, the Rangers beat the Belleville Bulls 4-1 last night in Game 7 of the OHL final. Both teams will play for the Memorial Cup beginning this weekend in Kitchener.

» **MLB** Asdrubal Cabrera turned the 14th unassisted triple play in major league history, and it wasn't enough for the Cleveland Indians to complete a doubleheader sweep. Shannon Stewart hit a sacrifice fly in the 10th inning, Aaron Hill added a two-run single and the Blue Jays beat Cleveland 3-0 last night to salvage a split of the doubleheader after dropping the first game by the same score.

» **NHL** The San Jose Sharks fired head coach Ron Wilson yesterday after his club followed another outstanding regular season with yet another early exit from the Stanley Cup playoffs.

METRO NEWS SERVICES

SCOREBOARD

NHL

CONFERENCE FINALS
EASTERN CONFERENCE
PHILADELPHIA VS. PITTSBURGH
Game 3 — Tonight
Pittsburgh at Philadelphia, 7:30
Game 4 — Thursday
Pittsburgh at Philadelphia, 7:30
(Pittsburgh leads series 2-0)
WESTERN CONFERENCE
DALLAS VS. DETROIT
Game 3 — Last night
Detroit 5 Dallas 2
Game 4 — Tomorrow
Detroit at Dallas, 8
(Detroit leads series 3-0)

NBA

CONFERENCE SEMIFINALS
EASTERN CONFERENCE
BOSTON VS. CLEVELAND
Game 4 — Last night
Boston at Cleveland
Game 5 — Tomorrow
Cleveland at Boston, TBA
(Boston leads series 2-1)
DETROIT VS. ORLANDO
Game 5 — Tonight
Orlando at Detroit, 7
*Game 6 — Thursday
Detroit at Orlando, TBA
(Detroit leads series 3-1)
WESTERN CONFERENCE
L.A. LAKERS VS. UTAH
Game 5 — Tomorrow
Utah at L.A. Lakers, TBA
Game 6 — Friday
L.A. Lakers at Utah, TBA
(Series tied 2-2)
NEW ORLEANS VS. SAN ANTONIO
Game 5 — Tonight
San Antonio at New Orleans, 9:30
Game 6 — Thursday
(Series tied 2-2)
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Cleveland 3 **TORONTO** 0 (Gm 1)
TORONTO 3 Cleveland 0 (Gm 2)
Minnesota 7 Boston 3
Tampa Bay 7 N.Y. Yankees 1
Seattle at Texas
Chicago White Sox at L.A. Angels
NATIONAL LEAGUE
Pittsburgh 5 Atlanta 0 (Gm 1)
Atlanta 8 Pittsburgh 1 (Gm 2)
Washington 10 N.Y. Mets 4
Cincinnati 8 Florida 7
San Diego at Chicago Cubs
St. Louis at Milwaukee
Houston at San Francisco
TODAY'S GAMES
AMERICAN LEAGUE
Oakland at Cleveland, 7:05
Boston at Baltimore, 7:05
N.Y. Yankees at Tampa Bay, 7:10
Seattle at Texas, 8:05
Toronto at Minnesota, 8:10
Detroit at Kansas City, 8:10
Chicago Sox at L.A. Angels, 10:05
NATIONAL LEAGUE
Atlanta at Philadelphia, 7:05
Washington at N.Y. Mets, 7:10
Florida at Cincinnati, 7:10
San Diego at Chicago Cubs, 8:05
L.A. Dodgers at Milwaukee, 8:05
Pittsburgh at St. Louis, 8:15
Colorado at Arizona, 9:40
Houston at San Francisco, 10:15

AHL

AMERICAN HOCKEY LEAGUE
PLAYOFF GAMES FEATURING THE MARLIES:
TORONTO VS. SYRACUSE
Game 7 — Last night
TORONTO 3 Syracuse 2
(**TORONTO** wins series 4-3)

LOTTERIES

Ontario Pick 3	5 1 9
Ontario Pick 4	8 2 7 4
Encore	5030027
Daily Keno	1, 4, 12, 14, 23, 24, 28, 29, 35, 37, 38, 40, 46, 49, 50, 58, 59, 60, 65, 69.

Results not official

Canada surges into playoffs

Team set to face Norway in quarters

CANADA 6 FINLAND 3

By **MATTHEW WUEST**
Metro Halifax

Team Canada's demolition drive to the quarter-finals at the world hockey championship is complete.

Everything the defending champions touched turned into a goal yesterday as Canada doubled Finland 6-3 in Halifax.

The defending champs are a perfect 6-0 this year, and are riding a 15-game winning streak at the worlds. They face Norway in tomorrow's 3:30 p.m. quarter-final.

Doan

"We got pushed harder in this game than we got pushed all tournament," head coach Ken Hitchcock said.

If Canada was pushed in the battle of undefeated teams, it certainly didn't look like it. Despite a tournament-low 22-shot output, Canada had little trouble putting six pucks past Finnish goaltender Nicklas Backstrom.

Clutch contributions continue to come from a different cast of characters each night, and yesterday it was time to shine for captain Shane Doan and the penalty-killing unit.

Doan and Patrick Sharp scored key shorthanded goals to turn a 1-1 tie into a 4-1 lead after two periods, and Finland — coming off an emotional win over the U.S. the night before — didn't have enough left for a comeback.

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METRO NEWS SERVICES

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Save but don't compromise style

Spring has arrived and love is in the air. And with spring comes our favourite season of all — wedding season! Experts estimate that today, the average wedding costs more than $20,000. This is a number that used to shock and appall us. That was until we were faced with planning some of our own weddings. Today, we speak from experience and we did find some simple ways to save without compromising style.

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Wedding photography can range from $2,000 to more than $4,000. And while sourcing out an artistic friend for photos is always an inexpensive alternative, there is a way to cut costs with the professionals.

Consider hiring a freelance photographer whose work you admire. This will allow you to skip the pricey wedding packages and save at least $1,000.

HEY MR. DJ

If you want a really safe bet to ensure that your wedding will be chicken-dance-free, try asking a friend to act as your DJ. Of course, you'll be involved in making the playlist with your favourite songs.

If you have questions for the Smart Cookies or want to share confessions, e-mail *smartcookies@metronews.ca*.

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COPHYCBFP Metro Toronto - Toronto Wk20

The refinance dilemma

MONEY MATTERS
HENRY CHOO CHONG
choochonghcga@yahoo.ca

Q Last week, one of the loan managers at my local bank offered to refinance the mortgage on my home. My first mortgage is approximately $200,000 at 8 per cent interest rate with two years left. They offered a 7 per cent for two years. I would have to pay a $4,400 penalty to break my existing mortgage. Should I take the new mortgage? **-DIMITRI, YORK**

A The mortgage debacle in the United States has been felt around the world and Canadians are no exception. With falling interest rates, many homeowners may be faced with refinancing dilemmas. There are many factors to consider — the following approach may help with your decision. Consider these two factors: The interest rate differential and the opportunity cost of penalty.

1. Compare the difference in interest rate: 1% (8%-7%) decrease on $200,000 is a saving of approximately $2,000 per year.

2. Opportunity cost of penalty are what earnings are given up by paying penalty. $4,400 3% GIC less assumed 40% tax rate. You would give up approximately $80 per year

3. Savings if refinanced: Savings less cost of penalty ($2,000 minus $80) is $1,920 per year.

At face value, this does not appear to be a good deal for you.

A real estate professional may provide some assistance.

Henry Choo Chong, CGA provides professional accounting and taxation solutions for individuals, businesses and corporations. Henry can be reached at 416-590-1728, ext. 304. E-mail all questions to Money Matters: choochonghcga@yahoo.ca.

metro

LEARNINGCurve

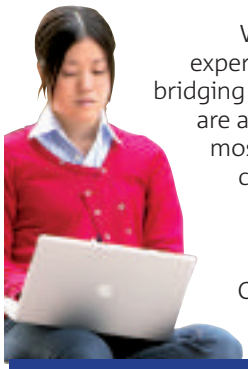
Tuesday, May 13, 2008

Many post-secondary institutes are offering career counselling and workshops to help both students and alumni find work.

LEARNINGcurve pg. 2

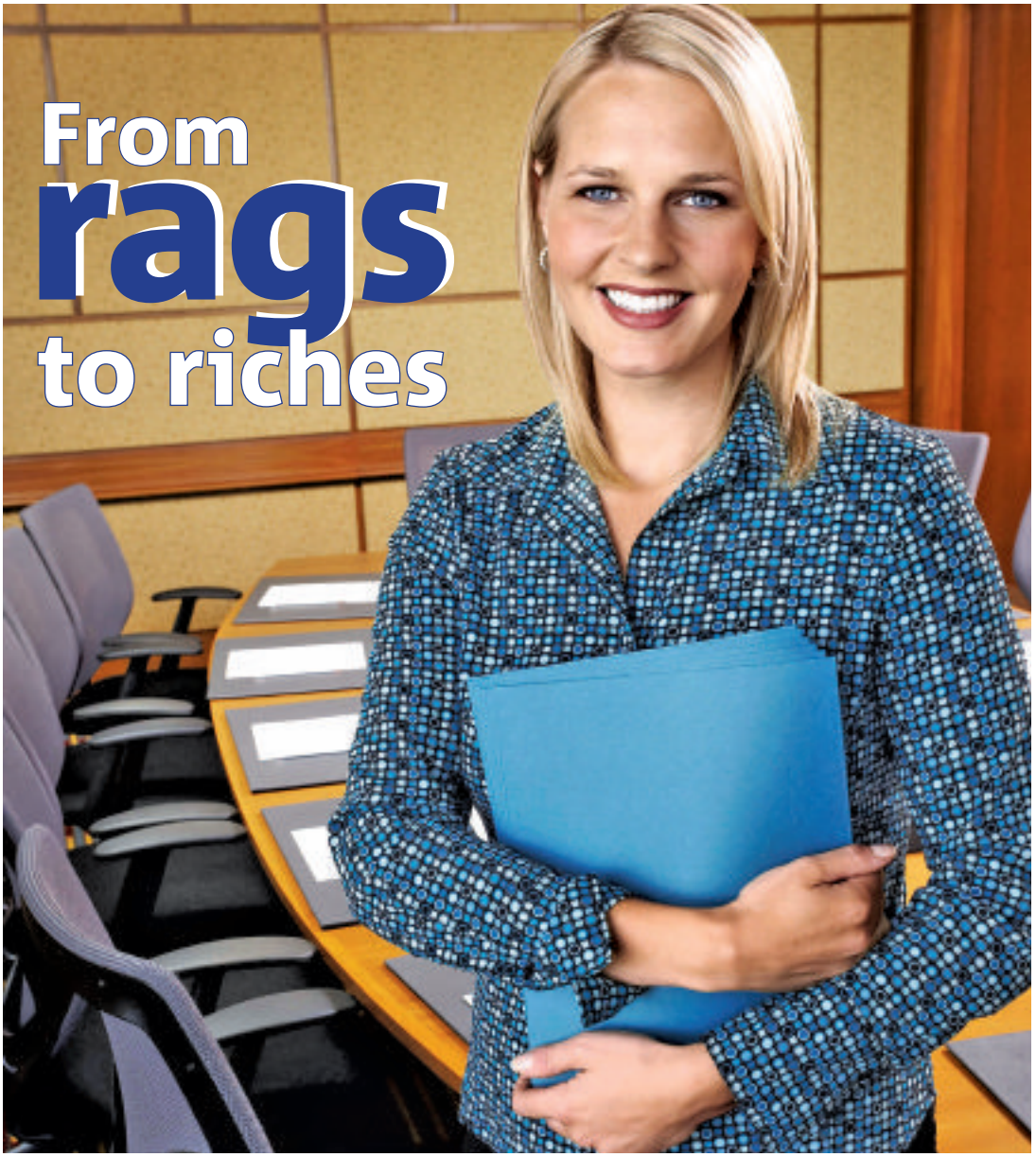
It's tough to go from graduate studies to working full-time, former student says.

LEARNINGcurve pg. 3



Workplace experience and bridging programs are among the most popular continuing education courses for new Canadians.

LEARNINGcurve pg. 6



From rags to riches

Fashion experts dish on the best ways to dress for success without breaking the bank, pages 4 & 5.

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job hunt easier with these tips

As students bid farewell to another school year, the hunt for summer jobs begins. Students with an entrepreneurial spirit may start their own lawn mowing, painting or general maintenance business, but for those looking for a more traditional job, here are some tips to consider:

» **Flexible schedules:** Many students have responsibilities and interests outside of work. It's important to find an employer who recognizes the importance of balance. Look to companies whose flexible scheduling practices enable staff to balance their job with everything else they're doing.

» **Competitive wages:** A summer job that offers more than the provincial minimum wage can be hard to find. Luckily, an easy way to differentiate jobs with the same pay rates is to search out employers who conduct regular wage and performance reviews.

» **Room to grow:** Students can maximize their summer experience by looking for employers who provide training in several areas. Additional training and greater accountability helps broaden the employee's skill set, helping to enhance their experience while furthering their professional development.

» **Who says work can't be fun?** Look to companies with environments that make work fun and welcome feedback from employees. These aren't the easiest summer jobs to find, but they do exist if you keep your eyes — and mind — open.

» **Additional incentives:** Everyone likes perks, and some jobs are full of them. McDonald's, for example, offers incentives including discounts on food, organized social activities, service and recognition awards, and scholarship opportunities.

NEWS CANADA

Career counselling can help

Schools offer workshops, more to help students

By **ERIC EMIN WOOD**
for Metro Toronto

It's a statistic every first-year university student is familiar with: A percentage of their classmates — sometimes as few as 10, sometimes 50 per cent or more — won't make it through their program.

Less familiar is the range of career counselling offered to those who do — or even don't — succeed, only to find themselves adrift in the working world.

York University's Career Centre, for instance, offers individual resumé feedback, practice interview sessions, workshops (cover letters, interview skills, how to find a summer job, part-time job, or on-campus job), and even an etiquette series where students are taught networking skills, says Dianne Twombly, manager of programs and services at York.

"We also do employer information sessions," she says. "We have employers come to the career centre and students can hear about the company and the type of work that people do there, and often that provides lots of networking opportunities."

Workshop schedules are posted on York's website, where students and alumni can sign up for free. There are also programs for "career changers" who have been in the working world and would like to switch jobs.

"We put out evaluations after every workshop," says Twombly, "and the student satisfaction ratings are very high."

The majority of post-secondary career counselling is done individually. "Usually, it's folks who have started a program and realize, 'Whoops, maybe this isn't what I thought it was going to be,'" says Eric Dunn, a counsellor with the Career and Counselling Centre at Centennial College.

The majority of post-secondary career counselling is done individually.

Centennial offers a number of courses to the general public through its continuing education division, including a nine-hour course called Choosing the Right Career. During three weekday evenings or two weekend afternoons, students are given, among other things, a self-evaluation test, a lesson on the job market and a breakdown of schools they can register with for only $10.

"Good career counselling forces people to think about themselves and what they're good at, and most people don't do that kind of evaluation," says Dunn. "They often make decisions based on what their dad always wanted, or what mom always wanted, and those aren't the best reasons for spending a lot of money on school."

» For more on Centennial's career counselling courses, call 416-289-5207, or visit *www.centennialcollege.ca/success*.

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More employers offering students incentives, perks to work

In today's marketplace, employees' expectations are increasing. As a result of these demands, companies are offering greater opportunities and more incentives to continue attracting and retaining top talent.

These "extras" range from frequent employee social events to travel, with employees participating in global competitions or exchange programs and attending international conventions and workshops.

Although company perks attract employees of all ages, students in particular can benefit from some of the academic-related benefits employers are now providing. Because of their educational goals, students may choose to work for companies that offer tuition reimbursement, scholarships and awards. Outside of financial support, mentorship programs that match students with successful employees may provide further benefit.

How can students find organizations that offer some of these great programs? A good place to start is by checking out reports such as the annual Best Employers in Canada.

Compiled by Hewitt Associates, this study measures employee engagement and ranks organizations based on an overall score. An organization makes the list only if its employees think it's a great place to work.

McDonald's Canada, named one of the 50 Best Employers for a sixth time, offers scholarships as a way of recognizing student employees for their achievements.

For students, these added incentives can help transform a summer job into more than just a place to work. With the right company, and the right perks, the experience may also result in further personal and educational development.

NEWS CANADA

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‘You’re not the master anymore’

Can be difficult to go from graduate studies to working full time

By **LEYLA EMORY**
for Metro Toronto

LEYLA EMORY/FOR METRO TORONTO

Upper Canada College English teacher Rachel Metalin smiles outside the University of Toronto.

Transitioning from graduate school to the workforce can be hard. First lesson: “Play nice with others,” according to 27-year-old Rachel Metalin, an English teacher at Upper Canada College.

Metalin could write a book about 19th-century feminist theory. She spent the last year of her masters program at American University in Washington, D.C., writing a 364-page thesis on Emily Bronte’s Wuthering Heights. Pared down to 94 pages, it now sits in the Library of Congress “where all the ‘thesi’ go to rest,” as she puts it.

But when it comes to assimilating in the real world, it’s back to the lessons of kindergarten. We’ve all seen where the know-it-alls ended up.

“My advice is listen to your colleagues. Be humble and acknowledge, that at least in this capacity, you’re not the master anymore.”

Metalin, like many graduate students, lacked hands-on training. “I had the academic rigour for it. I had the intellectual and the educational background in terms of the literature but I had no experience in terms of translating what I knew into actually teaching.” Without the help of her colleagues, she admits, she “would have drowned.”

It’s a scenario familiar to Diana Kuprel, associate director of development communications for the faculty of Arts and Science at U of T and editor of the university’s idea&s Magazine.

After getting her PhD in comparative literature in ‘98, Kuprel was offered a job as an editor at Books in Canada. Like Metalin, her education gave her the raw skills but it was the environment that determined how she used them. “It was a lot of on-the-job training. If you go into a job and within six weeks need to produce a magazine you very quickly learn what it takes in order to do that,” explains Kuprel.

Despite their successes, both Metalin and Kuprel acknowledge the transition can be difficult. “You go from a space that’s incredibly internalized, surrounded by books and theories. Then you move to this incredibly different kind of space,” says Metalin. For Kuprel, who participates in a development series put on by the university to help graduate students with this sort of transition, the key is coming out of that shell.

“You have to be able to articulate the transferable skills that you have, and you have in spades. Those are skills that are not to be underestimated. But you also have to be open. That is critical in adapting to the professional environment, whichever one it is.”

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Arrive for your job interview at least five minutes early, but no more than 10 minutes early. If you are running late or think you might be late, call ahead to let the interviewer know.

METRO NEWS SERVICES

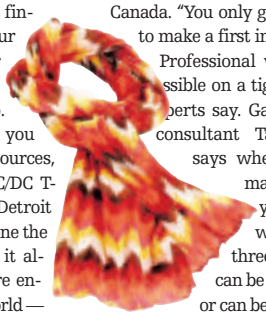
Err on the side of caution

CHRIS MOORE/H&M PHOTO

Stick to neutrals, keep covered up at the office this summer

By **BRIAN TOWIE**
Metro Toronto

Here's the situation: You've just finished your school year and you're on the prowl for an office summer job. As a starving student you may not have a lot of resources, and while the black AC/DC T-shirt, army pant and Detroit Tigers cap combo has done the job until now (at least it always has for me), you're entering the paycheque world — an environment where how you look is almost as important, if not just as important, as what you know.



Adding an accent colour in a shirt or a scarf is a good way to bring colour to your outfit, says Laura Shankland of H&M Canada.

"It's true that appearance isn't everything, but it is the first thing people notice and often judge you on," says Laura Shankland of H&M Canada. "You only get once chance to make a first impression."

Professional wardrobes are ssible on a tight budget, the perts say. Gap Inc. fashion consultant Tara Wickwire says whether you're a man or a woman, you can't lose with a basic three-piece suit. It can be worn together, or can be broken up and paired with other pieces you've got hanging in the closet, especially if you stick to the neutrals (meaning grey, blue and khaki). Do yourself a favour and pick up a white shirt while you're at it as well — it's among the most versatile and polished pieces of office wear you can own, Wickwire says.

"Keep your foundations to a basic palette and then accessorize with colour in bags, belts or even heels," Wickwire says. "That way, you create a lot of options for yourself."

"Choose key separates such as cotton or linen blazers and pants for men. Women can wear the same but also have the option of selecting a skirt or dress," notes Shankland. "Add an accent colour in the shirt or with an accessory, such as a scarf for women or a pocket handkerchief for men. For summer 2008, the predominant colours are dark brown, bright red and turquoise."

Organic cotton skirt, $39.90, and multi-coloured scarf, left, $7.90, both available at H&M.

H&M PHOTOS

Be careful with those options, however. Even though it is summertime, the often unspoken rules for attire in the office still apply. »

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When introducing yourself, give your first and last name, make eye contact, and let the interviewer be the one to initiate a handshake. When shaking hands, match the pressure of their handshake. METRO NEWS SERVICES

keep cool without showing too much skin

Short sleeve and three-quarter blazers are a growing trend for ladies, Wickwire says. They allow you to keep cool without showing too much skin.

In a place of business, Shankland says you're better off erring on the side of caution.

"Keep it simple and don't go over the top with bold patterns or by over-accessorizing," says Shankland. "Keep overly summery items for outside the office, and don't reveal too much skin. Save your flip-flops for the weekend."

But above all else, the experts say, you should find a style and comfort level that works for you, and a look that says you're an individual, you know what you're doing and you're confident that you're right for the job.

"The most important thing when selecting clothes for job hunting is to ensure that you will be comfortable in what you are wearing," Shankland says.

"You need to let your true personality show and you definitely don't want to be adjusting your garments during the interview."

Women's roll-up shirt, $39.50-$49.50, above, and men's blazer, $98, both available at Gap.

GAP INC. PHOTOS

A selection of pants are available at Gap, ranging in price from $49.50 to $79.50.

how to make a good first impression

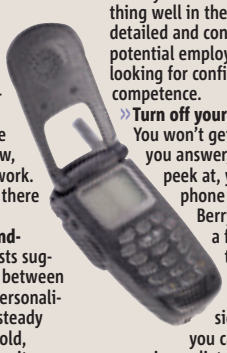
Nervous about that job interview? It's natural. You don't want to come off looking like Spud from the movie Trainspotting. Here are a few tips to make a good first impression from *careerbuilder.co.uk*:

» **Be on time:** No excuses. Most employers will conclude that if you're late to an interview, you'll be late for work. Plan ahead to get there on time.

» **Have a good handshake:** Psychologists suggest there's a link between handshakes and personalities. Have a firm, steady grip instead of a cold, clammy handshake; it suggests you're confident and enthusiastic instead of nebbish and nervous.

» **Maintain eye contact:** Stay with your interviewer, and take the time to address each person individually if you're being interviewed by more than one person. Don't fidget, play with your hair or giggle nervously.

» **Inspire confidence:** Bring up specific examples of when you've done something well in the past. Be detailed and concise. Your potential employer will be looking for confidence and competence.



» **Turn off your gadgets:** You won't get the job if you answer, or even peek at, your cellphone or BlackBerry. It shows a fundamental lack of respect, and a clear signal that you can't focus on an immediate task.

» **Leave a lasting impression:** Even if you don't get the job, send a note via e-mail or snail mail thanking them for their time. Who knows? They might be a useful contact in the future.

BRIAN TOWIE/METRO TORONTO

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On course to success

Programs aim to help new Canadians ease into workforce

By **RAFAEL BRUSILOW**
for Metro Toronto

For new Canadians, getting settled is only the beginning — transitioning into the workplace is the next important step towards success.

When they first come to Canada, most new Canadians take some time to get accustomed to daily life before they truly feel at home. Yet when the financial realities of modern life eventually hit, some new Canadians might not know where to begin to get themselves back into the swing of the working world.

Luckily, a wide variety of career training and workplace preparation options exist.

In Halifax, one of Canada's oldest immigration ports, the Metropolitan Immigrant Settlement Association (MISA) offers a plethora of support services to help new Canadians get up-and-running, from initial orientation and counselling to job hunting-help and MISA's Work in Nova Scotia program offers language and workplace skills training, employer referrals, a professional mentorship program and six-week on-the-job workplace placements. The MISA site at *www.misa.ns.ca* also offers free business development seminars and integration training for internationally educated professionals.

> *« Often people who are trying to ease into the workforce might start in a support role. »*
>
> *Phil Schalm, program director at Ryerson University*

In Toronto, Ryerson University's G. Raymond Chang School of Continuing Education leads the way in training new Canadians for the workplace. Phil Schalm, a program director at the school, says almost 10,000 immigrants are enrolled in continuing education courses, most of which are targeted to workplace skills.

Workplace experience and bridging programs are among the school's most popular, and Schalm says even new Canadians with no previous work experience have options, as support fields such as assistant-teaching, entry-level child care and office administration often don't require certificate training. For people without a formal education, taking a few courses in a chosen support field could make you much more attractive to potential employers.

"Often people who are trying to ease into the workforce might start in a support role. They can come in and even get one or two courses, and that will get them the credibility to get in for these very entry-level positions," Schalm said.

Large institutions and programs aren't the only place to get trained for entering the workplace — many community-level institutions and organizations are focused around getting new Canadians integrated quickly and effectively into the workforce.

"Community colleges do this kind of work well," Schalm said.

Whether you're climbing the job mountain or just trying to stay afloat, continuing education can serve as a helpful stepping stone or a comforting life-raft to new Canadians hoping to transition into the workforce.

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Summer studies useful

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For some, continuing your studies throughout the summer may be a dreadful thought. However, enrolling in summer classes may alleviate pressure during the school year and give you the opportunity to focus on one subject. This could raise your GPA or fast-track your education. Here are some tips to help you make the most of your summer — even if you have to balance fun in the sun with studying:

CREATE A SCHEDULE: Just as you would schedule hours at a job, allot time for your studies. Grab your agenda and schedule in study time each day or week, whichever suits your needs. It might be tempting to put off your studies until later, but if you stick to a strict schedule, you will be sure to keep on top of your course requirements, deadlines and still have time for all your summer events and activities.

PLAN AHEAD: If you have a summer vacation scheduled, make sure you take that into consideration when doing your weekly planning. If need be, plan ahead and double up your study hours. This way you can enjoy your vacation without stressing about your studies. Some people are able to take laptops and textbooks with them on vacation and allot time to complete tasks. But if you know you will get distracted, it is better to plan ahead and complete your work before you leave.

STUDY OUTSIDE: Most students can't bear the thought of staying inside at the computer all day while the sunshine beams through the window. So get outside! Take your laptop and books outside and enjoy the summer weather — sit on a porch or go to a park. It can be very relaxing to read outdoors.

REWARD YOURSELF: Giving yourself small rewards may help keep you motivated. For example, if you complete an assignment, reward yourself with a day at the beach or night out with friends. Or when the semester is over and you have some free time, take that opportunity to celebrate all your accomplishments. This way you will have something to look forward to throughout the summer months.

Whether you are taking online courses, correspondence or attending classes it will be a summer well spent if you are building your knowledge and skills.

Tracy Rogers is the Career Services Co-ordinator for Seneca College, Seneca@York Campus.

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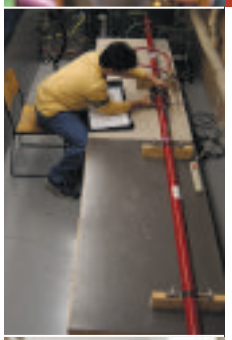

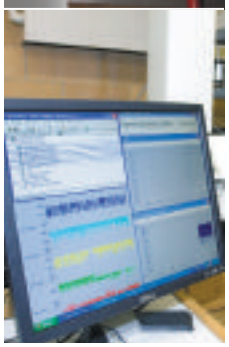

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NAME: Barbara Lipton
YEARS OF EXPERIENCE: 23 years as a professor at Seneca College, 12 years of HR work experience
OCCUPATION: Professor, Human Resources Management Programs at Seneca College

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Q How did you get started in your field?

A After graduating with a sociology/psychology degree from the University of Western Ontario, I applied for a contract position as a research assistant in the sociology department at the University of Toronto. From there, I was given an opportunity to work in the human resources department in the recruitment and selection area. Over the years, I held a number of jobs in human resources ranging from a Compensation Analyst, Trainer, and a Generalist for large organizations.

Q Describe the ideal qualities a person should have to succeed in your industry.

A The person should be able to demonstrate the following: Leadership, interpersonal and communication (both verbal, written, listening) skills, as well as decision-making, teamwork, conflict management and computer/technical skills. They should also demonstrate flexibility, adaptability, a positive attitude, willingness to learn, confidence, initiative and independence.

Q What kind of background best suits someone starting out in your industry?

A I recommend a university degree in either the arts or social sciences followed by a college diploma in human resources management. It would be helpful to have some experience in human resources whether it is through a co-op work term, internship program or volunteer work.

Q What are the most challenging aspects of your industry?

A There is constant change, high standards in a busy environment, keeping costs to the minimum and accountability of work.

Q What do you like most about your job?

A Every day is different. There is a variety of duties and responsibilities, an ability to exercise leadership and influence others, and being able to make a difference in an organization.

Q For newcomers to the industry, what tips would you offer them on getting started?

A You should be able to identify your strengths and weaknesses. Know how to overcome your weaknesses through training and development. Find a mentor/coach to guide you through your career and exercise enthusiasm, initiative, and be a self-starter.

Barbara Lipton

Q What kind of local associations/organizations/volunteer activities would you recommend for people just starting out?

A I recommend joining the Human Resources Professional Association of Ontario, and volunteering in a HR department, either as a generalist or a specialist. Keep current by reading journals and magazines such as the HR Reporter and HR Professional.

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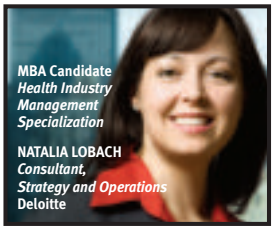
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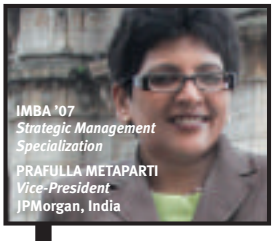
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workology

Recent graduates embarking on their careers may find there are some things college didn't prepare them for, a Creative Group survey suggests. About four in 10 executives polled said acclimating to a firm's corporate culture poses the greatest challenge for professionals starting a new job field. METRO NEWS SERVICES

Saving trees with digital data

Canadians want to curb paper use, survey indicates

By **RAFAEL BRUSILOW**
for Metro Toronto

A new study reveals the average working Canadian prints 30 pages of documents every day, of which 12 are thrown into the garbage.

The Leger Marketing study, produced in tandem with Recombo Paper Management Systems and Telus Corporation, highlighted the need for waste paper management policies and digital document handling to reduce paper use in the workplace.

The study also showed that about half of Canadians surveyed would gladly use digital documentation in order to reduce paper waste at their place of work.

Joe Pach, director of environment at Telus, says the company is committed to reducing paper through the introduction of paperless contracts for its business accounts, which use secure digital signatures and interactive menus to eschew the need for paper. The documents are protected by encryption and fully legally binding.

Of the 30 pages the average Canadian worker prints in a day, 12 are thrown in the garbage, a new study on paper waste indicates.

Pach explains the initiative, called Telus Secure Contracts, is meant to reduce paper waste in high-volume businesses that tend to use the most paper.

> «*The average company makes something like 19 copies of each customer-facing document. Having a virtual interface eliminates that need to move paper around — it's a way of dealing with contracts that is secure, digital and does away with paper.*»
>
> *Director of environment at Telus, Joe Pach*

"The average company makes something like 19 copies of each customer-facing document. Having a virtual interface eliminates that need to move paper around — it's a way of dealing with contracts that is secure, digital and does away with paper," Pach said.

A move to paperless documents is quietly making its way into the working world, though progress is still slow.

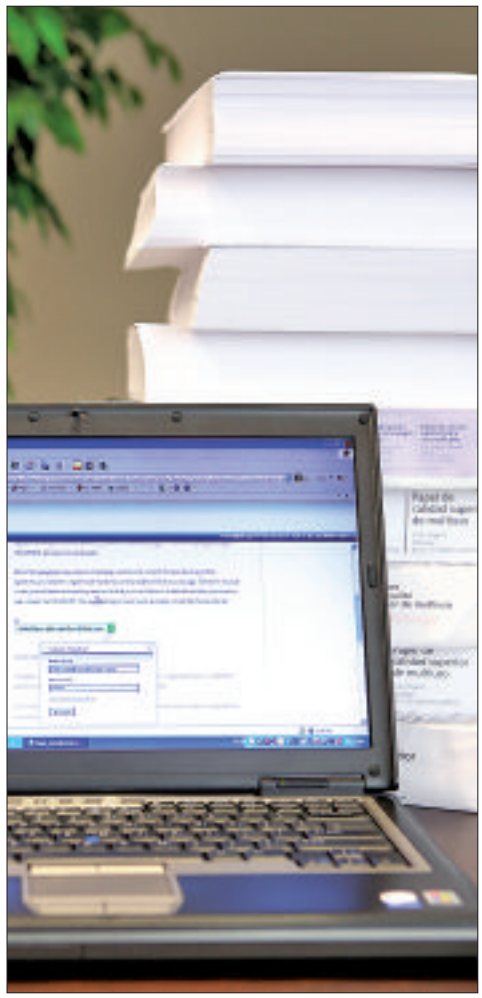
Several years ago, the law office of Behiel, Munkler & Will in Saskatchewan took 20,000 documents and files and scanned them into a digital format, letting the files be sent electronically and stored on hard drives instead of in filing cabinets.

The company also converted many document processes, such as the filling of wills and land survey forms, to a digital format. Aaron Behiel, a partner at the firm, admits, however, that many people still end up asking for paper copies of documents, though the initiative has been a success at saving paper overall.

Pach suggests the acceptance of paper-saving initiatives such as digital documentation is being fuelled at the grassroots level by employees themselves who want the companies they work for to be good corporate citizens. Luckily for businesses, saving paper saves money as well.

"Employees today feel guilty about wasting paper and are expecting their employers will take the lead on environmental conservation. You want to look at the cost savings as well — there are benefits beyond the environmental element," Pach said.

Pach says the move to digital documents also makes sense from a standpoint of efficiency.



Some companies are trying to curb paper waste at offices where a recent survey reveals it to be a problem.

"Who wants to stand at a printer watching bits of paper come out when they could be more efficiently engaged? We're in the business of moving ideas and information rather than people and paper," Pach said.

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Trust is key for workers

Boss' confidence affects output at work: Study

Workers who believe they are trusted by their bosses bring higher sales and better customer service ratings to their companies, according to a study led by York University and published in the Journal Of Applied Psychology.

Researchers studied 88 locations of a major retail store in Canada with thousands of employees for almost two years. They found that workers' perception of the degree of trust bestowed upon them does affect their performance.

"There is a big debate in management philosophy about whether controlling or empowering employees is the best way to go," said York University professor Sabrina Deutsch-Salamon, lead author of the study. "Our results support the notion that managers who communicate a sense of trust get the best from their employees."

> « *Our results support the notion that managers who communicate a sense of trust get the best from their employees.* »
> *Prof. Sabrina Deutsch-Salamon*

Employees who feel trusted are also more willing to take responsibility for the organization's overall performance and work harder to please its customers, the study found.

"It's clear that this is the sort of engagement organizations should be interested in, because it leads to much higher levels of co-operation among employees," said Deutsch-Salamon, who teaches organizational behaviour in the Atkinson Faculty of Liberal and Professional Studies at York in Toronto.

The researchers collected data from two sources: The retail chain's archival records measuring sales and customer service performance for each location, as well as employee annual surveys. The surveys — conducted anonymously — directly questioned employees about how trusted they felt by their managers.

"The locations we investigated used similar monitoring and surveillance systems to track employees, yet we found that some were able to foster a trusting environment and others were not," Deutsch-Salamon said. "This suggests that employees' perceptions of being trusted are not just prompted by formal mechanisms in the organizations, but are likely affected significantly by their everyday communication with managers."

The study, published by the American Psychological Association, is co-authored by University of British Columbia professor Sandra Robinson.

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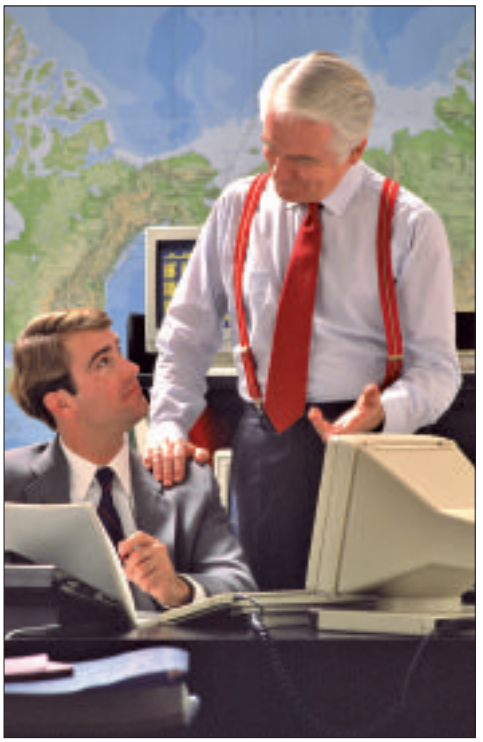

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Colleges to allow coed dorm rooms

Erik Youngdahl and Michelle Garcia share a dorm room at Connecticut's Wesleyan University. But they say there's no funny business going on. Really. They mean it.

They have set up their beds side-by-side like Lucy and Ricky in I Love Lucy, and avert their eyes when one of them is changing clothes.

"People are shocked to hear that it's happening and even that it's possible," said Youngdahl, a 20-year-old sophomore. But "once you actually live in it, it doesn't actually turn into a big deal."

In the prim 1950s, college dorms were off-limits to members of the opposite sex. Then came the 1970s, when male and female students started crossing paths in coed dormitories. Now, to the astonishment of some baby boomer parents, a growing number of colleges are going even further: Coed rooms.

couples

» Most schools introduced a couples option in the past three or four years. So far, relatively few students are taking part.

At least two dozen U.S. schools, including Brown University, the University of Pennsylvania, Oberlin College, Clark University and the California Institute of Technology, allow some or all students to share a room with anyone they choose — including someone of the opposite sex. This spring, as students sign up for next year's room, more schools are following suit, including Stanford University.

As shocking as it sounds to some parents, some students and schools say it's not about sex.

Instead, they say the demand is mostly from heterosexual students who want to live with close friends who happen to be of the opposite sex. Some gay students who feel more comfortable rooming with someone of the opposite sex are also taking advantage of the option.

THE ASSOCIATED PRESS

on the ›› **move with enza**

by enza supermodel

enza.supermodel@metronews.ca

name » *Hugh Reilly*
occupation » *Business entrepreneur*
age » *42*
location » *Bay and Dundas streets*

HUGH REILLY was working as a magazine publisher when he decided to venture into the world of online radio. Today he and his business partner operate *Thatradio.com*. Prior to being on the cyber airwaves for four years, Reilly put his business degree talents to work in the housing market and newspaper industry. When he's not hosting his double radio hour Liquid Lunch, he plays bass in his rock band Tonic Soul.

Photo by Enza Supermodel

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Workout mistakes

alive

From the editors of alive magazine; alive.metro@alive.com

Here are some common mistakes people routinely make in the gym.

Talking while working out

» Please stop the chatting! Your breathing should be somewhat laboured when using the cardio equipment and your muscles fatigued when lifting weights — leaving little energy for an in-depth conversation.

Training without purpose

» It doesn't matter if you are 16 or 60, have a fitness goal in mind, and train for it with intention and determination.

Avoiding training beyond your comfort level

» Around 90 per cent of us do not train as hard as we should, and the remaining 10 per cent train too hard.

TORSTAR FILE PHOTO

A common workout mistake is to do the same thing over and over again. Try to mix up your routine every eight to 12 weeks for better results.

Doing the same old thing

» If you are still doing the same workout you did this time last year, it is time to mix it up. Physiologically, it takes the body about eight to 12 weeks to adapt to a new stress, which is why it is important to continuously change up your routine.

Training only certain muscles

» If you want a functional body you must train the right muscles. It is quite common for people to train only what they can see (for example, the fronts of the arms and shoulders or the legs).

Slouching

» It is essential that you know how and are able to hold a neutral spine throughout any given exercise.

Breathing improperly

» A good breathing pattern starts with an inhalation through the nose (while keeping your shoulders from lifting up toward your ears), filling the chest and then the belly. Exhale through your mouth, releasing all the air from the belly.

Not knowing when to stop

» Unless you are intent on paying for your physiotherapist's next Hawaiian vacation, ask yourself if the pain you are feeling is from muscle fatigue, or whether it could be something more.

Building up too quickly

» Make sure your program is progressive and allows your body to slowly adapt. This is particularly important for the connective tissue. If a load is too great for the connective tissue around the joints to handle, you can cause injury.

Making exercise too much work

» Exercising should not be complicated. It is simply a matter of putting on your favourite runners and getting out there. Don't make it too complicated, too boring, or too much like work!

alive is Canada's award-winning natural health and wellness magazine. Every month alive focuses on traditional and holistic healing, beauty, environmental issues, nutrition, emotional well-being, and supplementation. Pick alive up for free at your natural health store. Visit alive.com for more.

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Horne avoids trends

Actress Christine Horne and The Big Flip II host Kye Husbands.

Christine Horne, actress, plays Hagar Shipley in the film The Stone Angel (now in theatres). She also plays Desdemona in the upcoming CBC production of Othello:

Q What products make you look and feel good?

A Neutrogena's Healthy Defense Daily Moisturizer with SPF 45 is my friend. I don't wear much makeup in real life. Usually just some lip gloss so I look a little less like a corpse. What I do wear is mostly from Teye Minerals.

Q Describe your style.

A I am woefully out of touch with fashion and try to avoid things that I think might be considered trendy. I like layers of simple, comfortable clothing and vintage dresses.

Q How do you stay fit?

A I walk everywhere that I can and I take the stairs.

Q How do you keep life in perspective?

A I try to enjoy the things I have in my life instead of bemoaning the things I don't. I usually have to remind myself to do it, but it's a much happier way to be.

Kye Husbands is co-host of The Big Flip II, airing Saturday nights on HGTV:

Q What products make you look and feel good?

A I love Palmer's Cocoa Butter. It is the only product that I can use to keep my skin moist and smooth, especially in the winter. I also use Aveeno Positively Radiant Cleanser, it keeps me looking young.

Q Describe your style.

A My famous white T-shirt and blue jeans have lasted the test of time. I tend not to follow fashion trends.

Q How do you keep life in perspective?

A I believe the world is more good than bad and that anything is possible. I love the unknown and welcome challenges. I don't believe that success comes easily or without sacrifice.

Q What things make life easier?

A I can't live without the Internet or e-mail. I also love my Magic Bullet (blender). I make delicious, healthy smoothies and juices with it.

CELEB BEAUTY
MARCY CORNBLUM
entertainment@metronews.ca

Marcy Cornblum is a freelance journalist. She's developed up-close and personal relationships with celebrities including actors, musicians and television personalities.

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entertainment

Actor Jimmy Fallon, left, has been named the new host of NBC's Late Night, the network announced yesterday. He will likely debut as host in June 2009. USMAGAZINE.COM

movies

Hills star to make big-screen debut

Patridge

CASTING Audrina Patridge, one of the stars of MTV's The Hills, is set to make her feature debut in Into The Blue 2, a sequel to the 2005 movie, which starred Jessica Alba, ew.com reports.

The sequel is about a married couple hired as professional divers to search for hidden treasure only to learn their employers have a much more terrifying agenda.

television

Spears could be back on Mother

CASTING Britney Spears may make a third guest appearance in the sitcom How I Met Your Mother, Digital Spy reports.

Craig Thomas, the show's co-creator, said the singer's second cameo, which aired on CBS last night, left the door open for a return next season. "Her return answers a larger mystery set up earlier in the series," he said. "So there's a good plot reason why she's there."

METRO NEWS SERVICES

»news In Brief

» **CASTING CALL** Canwest Broadcasting has kicked off the hunt for Project Runway Canada contestants. Fashion designer hopefuls can to go to globaltv.com to download the official application form.

METRO NEWS SERVICES

Breaking down Bob Dylan

DVD REVIEWS
RICK McGINNIS
rick.mcginnis@metronews.ca

I'm Not There
Stars: Cate Blanchett, Richard Gere, Heath Ledger
Distributor: Alliance DVD
14A

Heath Ledger, left, and Cate Blanchett both play Bob Dylan in I'm Not There, now on DVD.

THANKS TO A PERSONA composed largely of lies, half-truths and misinformation, a standard biopic of Bob Dylan is nearly impossible to make. Director Todd Haynes rose to this challenge by realizing that the fiction of Dylan is more interesting than any mere reality, and used it to tell the story of one of music's most famous recluses, albeit one who has been hiding in plain sight for more than 40 years.

Casting six different actors to play Dylan was doubtless a stunt, but it elegantly reflects the phases and periods that subdivide the singer's long career into discrete sections. The weakest is probably the briefest; even after two viewings, I'm having a hard time seeing Ben Whishaw's Dylan-as-Arthur-Rimbaud-testifying-in-front-of-HUAC as really essential to the movie.

Cate Blanchett's Dylan-mania Dylan is suitably skittish, and far more vulnerable than the real thing, while Richard Gere's Basement Tapes Americana Dylan hints at the stillness the man assumed as a more mature artist, reacting to the most painstakingly surreal vision of Dylan's mental landscape with an eloquence that helps ground the whole sequence.

The best, sadly, is Heath Ledger's Blood On The Tracks Dylan, the big star reaping the emotional turmoil that his cruelty and selfishness brings him like an overdue bill. It's the most naturalistic section of the film, and Ledger and co-star Charlotte Gainsbourg fill it with a dull, bitter emotional ache. A second disc of bonus features feels a bit thin, except for a feature on the film's soundtrack, which, with its wild collision of old and young musicians, constitutes a whole separate tribute to Dylan independent of the movie.

more online

» For reviews of All You Need Is Love, The Great Debaters, Numb, Indiana Jones And The Raiders Of The Lost Ark, Indiana Jones And The Temple Of Doom, Indiana Jones And The Last Crusade, Saturday Night Live: The Complete Third Season and Seven Wonders Of The Industrial World, visit *metronews.ca*.

McCartney, Mills granted preliminary divorce

Sometimes love isn't all you need.

A judge in London granted a preliminary divorce yesterday to former Beatle Paul McCartney and Heather Mills. If no one objects, the divorce will be final in six weeks.

Mills, 40, will emerge from the rancorous divorce with a settlement of 24.3 million pounds (almost $48 million US) and a reputation damaged by her televised outbursts against McCartney.

Neither McCartney nor Mills were in court, which might have been a good thing. At the end of a March hearing, Mills stole the show by

McCartney

Mills

emptying a pitcher of water on the head of McCartney's lawyer, Fiona Shackleton.

"Mrs. Shackleton said something under her breath so I cleansed and baptized her," Mills said afterward. "I thought she looked fantastic — I thought it did her the world of good."

Mills will retain custody of the couple's daughter, Beatrice. McCartney will retain the bulk of his fortune, estimated by the court at $887 million.

McCartney's marriage to the former Linda Eastman endured 19 years, until her death in 1998.

He married Mills in an Irish castle in 2002. They separated four years later.

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Box-office bombs revisited

Remembering some of film industry's most notable pricey flops

By **ADAM CHROMY**
Metro World News

Take a look at the annual revenues of the big Hollywood studios and you might think they're sitting on a gold mine.

But even major movie stars have flops now and again — some of them expensive in the extreme.

Here, we run down a few most recent notable ones. (Budgets and revenue are approximate):

PLUTO NASH

BUDGET: $100,000,000
REVENUE IN THE U.S.: $4,000,000

Eddie Murphy has caused a lot of harm in the film industry, most of which was admittedly of the cultural kind. This comedy mixed with mafia drama with a low-brow humour caused the producers the financial loss of $96 million.

BASIC INSTINCT 2

BUDGET: $70,000,000
REVENUE IN THE U.S.: $6,000,000

Sharon Stone wanted to do this sequel for many years. The result is evidence of why no one had supported her effort for such a long time — and why she had to invest in the movie herself.

THE ISLAND

BUDGET: $122,000,000
REVENUE IN THE U.S.: $35,000,000

No one expected a movie with Michael Bay, Ewan McGregor and Scarlett Johansson to be a flop. Mixed reviews did not contribute to a good result, either.

THE POSTMAN

BUDGET: $80,000,000
REVENUE IN THE U.S.: $17,000,000

After Waterworld and Dances With Wolves, Kevin Costner figured he could sell anything. The audience proved him painfully wrong after watching the post-apocalyptic journey of a fake postman.

CUTTHROAT ISLAND

BUDGET: $92,000,000
REVENUE IN THE U.S.: $10,000,000

Cutthroat Island was supposed to be the hit of the summer of '95, but the audience was fed up with all the adventure movies. The curse of pirate movies was only broken by Johnny Depp when he appeared as Jack Sparrow.

SWEPT AWAY

BUDGET: $10,000,000
REVENUE IN THE U.S.: $500,000

Swept Away was a nightmare for both Madonna and the person who happens to be her husband and a director, Guy Ritchie. The film was a complete flop and earned five of the infamous Golden Raspberry awards.

COLUMBIA PICTURES

Sharon Stone in Basic Instinct 2

THE INVASION

BUDGET: $85,000,000
REVENUE IN THE U.S.: $15,000,000

The Invasion is probably not remembered very fondly by Nicole Kidman and Daniel Craig, nor by the Wachowski brothers, who contributed the special effects.

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"It is always important to remember the difference between your wants and needs," says Kristopher Finnigan, sales representative for Royal LePage Real Estate Services Ltd. "I recommend that factors like transportation, facilities (laundry, security, grounds), and price should hold the most weight."

The hottest areas to live in Toronto are different depending on who you are, but they are hot because they are filling many of peoples' common wants and needs.

"King St. W and Liberty Village is and has been hot for some time now," says Finnigan. "It's an area that has been bustling with young professionals and young families, although they're not the only ones that enjoy being in a quickly evolving section of the city."

The Junction and surrounding area is also popular, as is the area in and around Bloor and Bathurst Streets, which is great for students and remains one of the highest concentrations of student residences in the city.

Sandy Caetano/Metro Toronto

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FILE PHOTO

Sex And The City's Miranda (Cynthia Nixon), left, and Carrie (Sarah Jessica Parker) have a heart-to-heart chat. The series, and upcoming movie, may give men insight into how women think.

Picking up some inside information

A GUY THING
CHRIS ATCHISON
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One of the greatest challenges men face as they grow up lies in attempting to understand the female mind. You can study it all you want — as you might the power and grace of a top athlete — but you'll never fully grasp how it functions, and may finally conclude you don't always need to figure out how a beautiful thing works to appreciate it.

You can also get by without total comprehension, so long as you can react in a way that suits your relationship and keeps you out of trouble as much as humanly possible. (And so long as you learn to apologize, quickly and sincerely, whether you're guilty of an offence or not.)

I recently caught a sneak preview of the new Sex And The City film and was reminded that the series made such an impact when it debuted in 1998 in part because it realistically depicted how women talk about their lives.

More importantly, the show's four key characters discussed sex openly and frankly. Even in the late 1990s, this was a bit of a revelation — women going out to score and have meaningless one-night-stand sex? They don't do that, or so we'd been told.

Men connected to the show in part because it validated the view that women talk as bluntly — and often as crudely — about sex as we do. Sometimes even more so.

It also offered up greater insight into the female mind, and highlighted the fact that women and men do think alike. "People say to me, what are men going to think when they see girls talking in this movie?" said Michael Patrick King, the film's writer-director-producer and the TV series' executive producer, during an interview with Metro.

"I say every time a guy is watching this movie and those girls are talking, just imagine that's their version of them playing hoops with their friends. Men work it out through (playing sports), pounding stuff and running and being quiet and drinking. Women go and talk about it. It's a game of pick-up, no pun intended, for women."

The film might have its flaws, but, like the series, it can help men understand how women think — and vice versa. That's a gift more valuable than any pair of Manolo Blahniks.

Chris Atchison has been working as a journalist for the past seven years in both freelance and full-time capacities. A Guy Thing, his take on the everyday travails of the urban male, runs bi-weekly.

Two's company, three's problematic

Young couples need their own space to bond

RELATING
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How solid is your romantic relationship? Do you think it could stand up to most of life's challenges?

That's what we hope for, right? A union in which you and your partner stand together cohesively in the face of duress, and come through any difficulties as a tighter and stronger couple.

But sometimes life throws us a curve ball or two, and that puts our romantic relationships — even the strongest ones — to the test.

Sometimes, the situation can't be avoided, such as illness, accident, or death; and other times, we bring it on ourselves.

It's these things that we have to watch out for, and remind ourselves to do what's best for us, our partner and our relationship.

A common example would be the young couple who decide to move in with one set of parents while they look for a house to buy, or while building, renovating or remodeling their existing home.

On paper, it seems like a good idea. In reality it can be a disaster and have lasting negative effects.

I know a woman who, with ample space in her home, took in her married daughter. Three years and two kids later, they're all still living together!

And both sides complain about it. It's not hard to see that the woman should sit her daughter and son-in-law down, with her husband by her side, and explain that though they love them, it's time for them to get out.

What's taken her so long? She's afraid she'll upset her daughter, she's worried about where they'll go, she enjoys having her grandchildren around, etc. But the living situation isn't healthy for anyone. Boundaries are blurry, the father feels powerless in his own home, and the women argue.

In some cultures, it's common for extended families to all live together under one roof. However, young adults can't flourish unless they have some independence, and young couples need privacy, intimacy and the chance to figure out their roles within their own relationship.

On the flip side, young couples are best to not have roommates — even if it's a best friend or sibling. Having a third party around changes the dynamic and doesn't give the couple the chance to get to know each other on a level playing field.

Living with friends can be great fun, but inevitably, we need to learn about our partners on our own, without any outside influence.

« Having a third party around changes the dynamic and doesn't give the couple the chance to get to know each other on a level playing field. »

This isn't to say extended families can't ever successfully live together, but before that decision is made, lines have to be drawn, discussions need to be had, and a mutual understanding needs to be in place.

Family relations are important, and we're lucky if they provide us with a good support system.

But when it comes down to the trials and tribulations of daily living, we have to know that we can count on our partners, through thick and thin.

Lisi Tesher is a much travelled freelance writer who has studied art history, photography, languages and pop culture. She is also a constant and fascinated student of relationships, maintaining contact with a worldwide network.

metro TOP 5IVE

Best proposal spots in the world, according to Travel Weekly:

1. Eiffel Tower — Paris
2. London Eye — London
3. Oia — Santorini, Greece
4. Alhambra — Granada, Spain
5. Canals of Venice — Venice, Italy

— Metro News Service

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Strike didn't bother this columnist

500 CHANNELS AND NOTHING TO WATCH: One of the great things about writing a TV column without having to watch the stuff that comes down the broadcast pipeline is you can appreciate the suffering of other — some might say "real" — TV critics who feel obliged to spend valuable hours watching primetime and quality cable that might otherwise be spent reading wanted ads or working on your aim.

With the end in sight, Adam Buckman of the New York Post was moved to write yesterday that "with a 15-week strike halting production, the 2007-08 season will be remembered as one of the most confusing messes in the history of TV," just after definitively pronouncing it "the Worst. Season. Ever."

Buckman claims there was a point when people believed the writers' strike would turn out to be an "incubator for innovation," though as far as I can tell this was more like knowing people who believe in Bigfoot — you're sure they are out there, though it's unlikely you're ever going to meet one.

"After the strike ended, the networks became desperate for something to promote," Buckman writes. "And what emerged as the most-promoted stunt this season? Britney Spears guest-starring as a receptionist on How I Met Your Mother."

This irritates Buckman, who insists "CBS' publicity in support of the Spears appearance was so overheated you would have thought Lucille Ball had been coaxed back from the dead."

IDIOT BOX

RICK McGINNIS
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Reading this, I couldn't help but feel sorry for Buckman for having what sounds like an intimate relationship with CBS' publicity department, inasmuch as they've made Spears' prime-time cameo seem like a major event, and not the mere blog item it seemed like to me up here in the frozen wastes of CBS-publicity-doesn't-know-me-from-Adam-land. If this is a side effect of access, I consider myself grateful for outsider status.

Rick McGinnis writes about music, movies, books and television, but not opera. He walked 47 miles of barbed wire and has a cobra snake for a necktie.

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	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/13/08	265	353	2	TVO	Parks	Canadian Rivrs	The Agenda With Steve Paikin		Foyle's War "Broken Souls"		RX for Survival		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "About Face" (N)		Shark "One Hit Wonder"		Boston Legal (HDTV) (N)		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	TBA	NHL Hockey: Eastern Conference Final Game 3 -- Penguins at Flyers					CBC News: The National		The Hour
	214	344	7	CITY	Friends	Hollywood	Beauty and the Geek (N)		(9:02) Hell's Kitchen		Entourage	Batter Up	News (N)
	212	313	8	CTV	eTalk	Jeopardy! (N)	American Idol		Dancing With the Stars		Law & Order: SVU		News (N)
	218	345	11	CH	The Insider (N)	E! News	THS Investigates Hazing				Women's Murder Club		News (N)
	137	763	13	TFO	Panorama en direct		Au-delà du tsunami		Les Amants réguliers ★★ (2005, Drame) Louis Garrel.				Génie
	-	-	14	-	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Clockers ★★ (1995, Drama) Harvey Keitel, John Turturro, Delroy Lindo.					The DVD Show	Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "About Face" (N)		Shark "One Hit Wonder"		Criminal Minds (HDTV)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	Outrageous	Outrageous	Law & Order: SVU		Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars		Women's Murder Club		News
	219	346	20	ACH-B	Wheel-Fortune	Degrassi: Next	According-Jim	According-Jim	Behind Enemy Lines ★★ (2001, Action) Owen Wilson.				News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		(9:02) Hell's Kitchen		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Britcom Membr	Nova (HDTV) (N) (DVS)		Frontline "Storm Over Everest" (HDTV) (N) (DVS)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Beauty and the Geek (N)		Reaper "The Leak" (N)		CW11 News at Ten		Family Guy
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
news	502	390	26	NW	News (N)	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow & Company		Fast Money		Cash Flow		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	European Poker Tour		MLB Baseball Toronto Blue Jays at Minnesota Twins. (HDTV) (Live)						Sportsnet Con.
	400	400	30	TSN	That's Hockey	NBA Basketball: Eastern Conference Semifinal Game 5 -- Magic at Pistons					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Exploration	Videos	Survivorman "South Pacific"		Odyssey	Surf Patrol	Adventures	Stranded: With	Pilot Guides
	417	406	81	SC	Pinks	Pass Time	Countdown	All-Star Spot.	Wind Tunnel Special Edition		Unique Whips		Pinks
family	551	542	25	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Mon. Warriors	Futurama	Shadow Raider	Falcon Beach (DVS)		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Road Runner	Scooby-Doo	Futurama	Tripping-Rift	Tripping-Rift	Robot Chicken	Robot Chicken	Tripping-Rift
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked	Good Naked	Maxed Out
	570	580	29	MM	The O.C. "The Debut"		MuchTopTens (N)		Gone Wild	Stars Go. Wild	Video on Trial	Video on Trial	Punk'd
	615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Gene Simmons	Gene Simmons	Gene Simmons
	700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Imperium		The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Uncovered	Listed		Fabulous Life Of...		Hogan Knows	Hogan Knows	Listed
	575	583	38	CMT	Chevy Cross Canada		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	616	521	39	SHO	ReGenesis "Talk to Him"		Blue Murder "Homeless"		Trailer Park	Kenny-Spenny	CSI: NY (HDTV)		House
	620	523	40	BVO	Bazart	Bravo!Videos	Samba Squad		Road to Baleya		Yo-Yo Ma Live-Rehearsal Hall		Law & Order
	601	562	41	SLC	Women on Top	Til Debt-Part	Newlywed	Matchmaker	Superstar Hair Challenge		Plastic-Perfect	Rocker Moms	Newlywed
	522	506	43	HIS	JAG "Pulse Rate" (DVS)		Digging for the Truth		Bloodlines (Part 2 of 2)		Crime Stories		JAG (DVS)
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	MADtv		Daily Show
	600	564	46	H&G	House Hunters	Buy Me	Designer Guys	Design Inc.	Colin & Justin's Home Heist		Green Force	Outside	Colin & Justin
	294	529	47	TBS	Family Guy	Family Guy	Assassins ★★ (1995, Action) Sylvester Stallone, Antonio Banderas.					Frasier	Seinfeld
	576	582	49	BET	106 & Park	College Hill	Next Friday ★★ (2000, Comedy) Ice Cube, Mike Epps.				College Hill	Iron Ring	Different World
	627	528	50	SPC	Stargate SG-1 "Summit"		Star Trek: Voyager		Star Trek: Next Gener.		Hex "The Story Begins"		Stargate SG-1
	581	566	52	MTV	MTV e2	Cribs	4REAL	MTV Peaks '08	Shot at Love-Tila Tequila		Shot at Love-Tila Tequila		MTV Live
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	Ricardo	Chef at Home	Restaurant Makeover		Chef School	At the Table	Kitchen Nightmares		Restaurant
	261	394	60	V	Murder, She Wrote		'Allo, 'Allo!	On the Buses	Quantum Leap (Part 1 of 2)		Jozi-H "Beginnings"		Mysterious
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	eTalk	Hey Paula	Girl Next Door	The Tonight Show-Jay Leno		eTalk
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Wiggle-Learn	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Anges de la rénovation		Histoires-filles	Caméra café	La Grande Évasion		Le TVA 22 heures (N) (SC)		Lévesque
	126	730	102	RDI	Dominique Poirier en direct		Grands reportages (SC)		Le Téléjournal (SC)		Le Club des ex	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		Killer Next Door		Psychic Detect	Ext. Evidence	Traders		The West Wing
	300	601	301	M1	(6:15) Greg & Gentillon (2005, Comedy) Louis Durand.				Sicko ★★★ (2007, Documentary)				Shooter
	305	612	306	PIX	(5:25) Blow	Rude ★★★ (1995, Drama)			Dr. Strangelove Or: How I Learned			(10:45) Dead Stop	

critics' corner

South Park

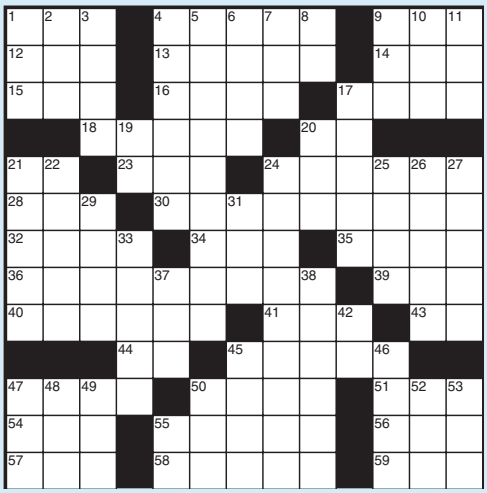
All parents dread card game crazes based on cartoons — and vice versa. It means more nagging to buy more stuff and less quality family time. Who wants that? Certainly not the moms and dads of South Park, who have to come up with a way to get their kids' attention back after a new craze called "Chinpokomon" sweeps through the town. 9:30 PM on COM

NCIS

Ducky (David McCallum) must be feeling like the Jessica Fletcher of the NCIS team. Like the "Murder, She Wrote" heroine who kept losing friends to murder, he's had one assistant incapacitated by a gunshot, and now his current right-hand man, Jimmy Palmer (Brian Dietzen), has become the target of a killer. Gibbs (Mark Harmon) and the team scramble to solve the case and save their friend. Cote de Pablo also stars in the new episode "About Face." 8 PM on GTV

Young, Urban, Active

metro



down »

1 — out (relax)
2 Irving or Grant
3 Without feeling
4 Girders (hyph.)
5 Discount
6 Seasons
7 Vacation acquisition
8 Space width
9 Crony
10 NOW cause
11 Second notes
17 Figure-skating leaps
19 Dorothy's aunt
20 "Who — — to say?"
21 Frat letter
22 Thong
24 Didn't vote
25 Liver output
26 Poet's blue
27 Palm readers, maybe
29 Roof edge
31 Fore opposite
33 Half the parents
37 Sahib's rule
38 Loafers
42 Basaltic lava
45 Pork cut
46 "Murder by Death" actor
47 Cherry seed
48 St.
49 Billy — Williams
50 Prior to yr. 1
52 Coffee server
53 Beluga delicacy
55 Prairie st.

across »

1 Camper, maybe
4 Fuming
9 — annum
12 Trendy meat
13 Got going
14 "We — not amused"
15 Locker locale
16 Shangri-la
17 Sorrowful cry
18 Gentleman callers
20 Toolshed item
21 Sunflower st.
23 XXI times C
24 Protozoans
28 Had a snack
30 Make firm
32 Nanny's vehicle
34 Maybes
35 Slide sideways
36 Famed tenor
39 Be mistaken
40 Tarzan's moniker
41 Town in Oklahoma
43 Element no. 99
44 Foyt's initials
45 Soft purple
47 Water lily leaves
50 Doggie treat
51 Not just mine
54 — had it!
55 More chilly
56 — -Magnon man
57 Fairway gizmo
58 Provides temporarily
59 Countdown number

previous answer

	K	I	D	D	Y		E	S	S	A	Y	
X	A	N	A	D	U		L	E	A	D	E	D
E	Y	E	D		K	M	A	R	T		L	E
N	O	R				E	T	E		A	L	F
A	S	T	I		D	O	E		C	H	I	A
			S	H	A	W		B	L	A	N	C
S	C		S	I	P		R	A	E		G	E
P	A	Y	U	P		P	U	R	R			
A	L	E	E		F	I	N		K	A	T	O
R	I	A		T	O	E				I	R	K
K	B		B	U	R	R	O		A	S	E	A
S	E	L	E	C	T		V	A	L	L	E	Y
	R	A	N	K	S		A	R	I	E	S	

HOROSCOPE

ARIES | March 21-April 20
Exceptional financial changes take place. A mall is the setting for a magical experience. A worker is just asking for trouble.

TAURUS | April 21-May 21
Help out with a young guy. Be precise when giving an estimate. Woeful grumblers cause fruitless discussions.

GEMINI | May 22-June 21
It's impossible to do everything yourself. Don't let vanity provoke misunderstandings. Bypass a new buddy to spend time with loved ones.

CANCER | June 22-July 22
People help you to fill up your extra time. A boy makes a fair exchange. A female's aching heart needs attention.

LEO | July 23-Aug. 23
A coward does an unlikely good deed. A diva will leave the scene of a crime. A woman builds a bridge to better understanding.

VIRGO | Aug. 24-Sept. 22
Resist the comeback of a shady person. Dissatisfaction with career prospects flares up. A dependent friend wants you to play.

LIBRA | Sep. 23-Oct. 23
Nobody will be deceived by appearances. An enchantment will give false comfort. Don't leave a tense crisis unresolved.

SCORPIO | Oct. 24- Nov. 22
A struggle is about being kind to strangers. Emotional ranting should be avoided. A woman will do anything for love.

SAGITTARIUS | Nov. 23- Dec. 21
Someone is ready to run away from a blunder. Beware of a decision-maker with a complaint. Talking interferes with a deadline.

CAPRICORN | Dec. 22-Jan. 20
Develop respect for a smarter person. An offender wants to be justified. A youngster regrets an unlawful action.

AQUARIUS | Jan. 21-Feb. 18
A social gathering will improve your mood. An associate gives a chance for reconciliation. A peculiar person stands by you.

PISCES | Feb. 19-Mar. 20
Don't interfere with dawdling progress. Be serious with a smelly guy. See a film with someone who gives advice.

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	6	7	1		2	5	9	
2	8						7	3
		6	4		1	7		
	9			5			6	
		5	8		6	3		
1	7						4	2
	2	4	9		3	1	8	

instructions »

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

4	8	9	3	5	1	7	2	6
1	5	2	4	7	6	8	9	3
7	3	6	9	2	8	5	1	4
8	7	1	2	3	4	9	6	5
3	2	5	8	6	9	4	7	1
9	6	4	5	1	7	3	8	2
2	4	7	6	9	3	1	5	8
5	1	8	7	4	2	6	3	9
6	9	3	1	8	5	2	4	7

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Toronto weather

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Afternoon	Tonight	Wednesday	Thursday	Friday
Sunny. 20°	Partly cloudy. 7°	80% Showers. 19°/ 6°	Sunny. 16°/ 6°	Mainly sunny. 16°/ 8°

Temperature
Normals
High: 17.3°
Low: 5.4°

Records
High: 29.2°/1991
Low: -1.7°/1967

Sunrise: 5:55 a.m.
Sunset: 8:35 p.m.
Moonset: 2:54 a.m.
Moonrise: 2:24 p.m.

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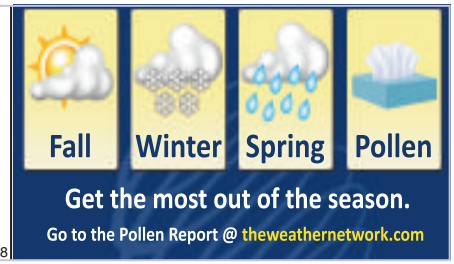
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celebritybuzz

Stephen Lovekin /Getty Images

Bono's impromptu birthday bash

It wasn't your ordinary dinner party for 12 on Friday night – though there was cake and champagne.

To celebrate his 48th birthday, U2 front man Bono held a small dinner party at Sass' Café in Monaco, People.com reports. On the guest list: Actor Brad Pitt, Monaco's Prince Albert II and U2 guitarist The Edge.

"It was really quite a surprise," the café's maitre de told People magazine. "It wasn't organized in advance. We only got called on it that afternoon."

The dinner, arranged by Bono's wife Ali Hewson, began with red wine at 10 p.m., according to staff, even before The Edge arrived for the evening.

The meal was followed by a champagne toast and strawberry cake lit with candles; a staffer described the party as "très speciale."

Bono's birthday was actually on Saturday.

Metro News Services

Malene Arpe

To be young, buff and in love

Singer Justin Timberlake and actress Jessica Biel have topped a new list of Hollywood's Buffest Couples, femalefirst.co.uk reports.

The twosome beat model Gisele Bundchen and football player Tom Brady, and High School Musical's lovebirds Zac Efron and Vanessa Hudgens among others to land at No. 1 on the new In Touch magazine hotlist. Also making the Top 10 are actors Jerry O'Connell and Rebecca Romijn, singer Fergie and actor Josh Duhamel, and actress Eva Longoria Parker and basketball player Tony Parker.

Metro News Services

Bryan Bedder /Getty Images

Marriage is 'antiquated'

Kristin Davis doesn't want to get married, femalefirst.co.uk reports.

The actress, who is single, is in no rush to find a husband because she believes marriage is an "antiquated" institution. "I feel like it's important to say that not everyone has to get married," she says. "It's like this crazy antiquated 1950s thing and that's not the way life is."

Davis admits she is nothing like her Sex And The City character Charlotte, who was always desperate to settle down and get married.

"My life is very, very different from Charlotte's," Davis said. "I'm much more independent."

Metro News Services

Mischa was 'Photoshopped': Rep

A representative for Mischa Barton has hit out at publications printing unflattering photos of the actress – insisting the images were manipulated in a bid to sell more magazine copies, imdb.com reports.

Images of Barton, many of which showed her with cellulite on her thighs, were splashed in various magazines and online last week.

Spokesperson Lisa Perkins is adamant someone tampered with the photos to suit their own financial gain.

"Those photos are doctored," Perkins told The New York Daily News. "I'm not saying she's perfect, nobody is. But they've given a 22-year-old woman the legs and bottom of an 80-year-old. There's a lot you can do with Photoshopping."

Metro News Services

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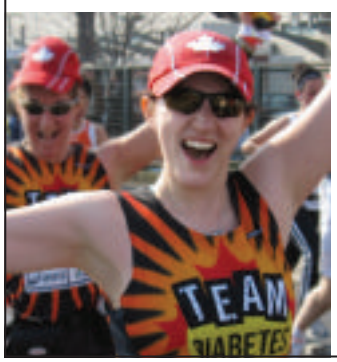

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Madonna pulls diva act: Report

Pascal Le Segretain /Getty Images

Madonna's alleged diva behaviour sparked outrage at a concert this weekend, femalefirst.com reports.

The music superstar annoyed organizers and fellow artists on the bill at Radio 1's Big Weekend free music event, after demanding a helicopter to transport her from her London home to the festival in Maidstone, just 37 miles away. When she finally arrived for her 20-minute set on Saturday, she issued a string of demands for her 70-strong entourage.

A source revealed to Britain's Daily Mirror newspaper: "She had special Kabbalah water shipped in and demanded bouquets of white roses. While she only ate fresh fruit, the same can't be said of her friends.

"They arrived early and wolfed down free food and alcohol reserved for all the artists." The singer also reportedly angered other performers by turning up late for rehearsals, leaving the schedules in disarray. Madonna's four-letter tirade during the live BBC broadcast also caused a headache for the TV and radio bosses. Metro News Services

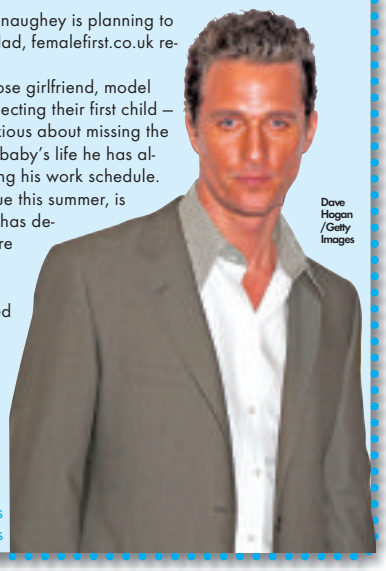
Anxious for fatherhood

Matthew McConaughey is planning to be a stay-at-home dad, femalefirst.co.uk reports.

The actor – whose girlfriend, model Camila Alves is expecting their first child – is reportedly so anxious about missing the first moments of his baby's life he has already begun clearing his work schedule.

Alves, who is due this summer, is delighted the actor has decided to devote more time to her and the baby.

The friend added to OK! magazine: "He's intent on being there for his kid the way his parents were for him. The two are busy picking out baby names." Metro News Services


Dave Hogan /Getty Images

Wrong ring

Kate Hudson and Owen Wilson are not getting married, despite reports in the British media. "She's definitely not engaged," a rep for Hudson tells usmagazine.com. A rep for Wilson, 39, also confirms the rumours are wrong. The reason for the false uproar? Hudson, 29, was spotted wearing a diamond ring in Boston. "She's shooting a movie called Bride Wars, which explains the ring," adds her rep.

Still, the on-again couple "are at a good place with each other," a pal told Us earlier this year.

"Owen is such a lovely person, and I love him dearly," Hudson said in the January issue of Vogue. "And I wish him beautiful things – health and everything that he desires in life." Metro News Services

Dave Hogan/Getty Images

Miley welcome at Playboy, Hef says

Teen superstar Miley Cyrus has been offered to pose naked for Playboy as soon as she turns 18, imdb.com reports.

Hugh Hefner wants the 15-year-old to follow up her controversial photographs for Vanity Fair last month, and strip off completely in the pages of his legendary men's magazine when she reaches legal age.

The Hannah Montana star sparked outrage when candid snaps – which show Cyrus posing bare-backed, wrapped in a satin sheet – emerged online, forcing the singer/actress to issue an apology over the controversial Annie Leibovitz photos. Hefner says Cyrus would be "welcomed in the magazine."

The 82-year-old also slammed the furor surrounding her poses: "I think to make such a big to do over something as innocent as those photos, I think is a reflection on how schizophrenic America is about sexuality." Metro News Services

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